

Are You Tired Or Just Toxic?

Rodger Murphree, DC, CNS
with **Sinclair Kennally, CNHP, CNC**



Rodger Murphree, DC, CNS

Hi. Welcome to the Freedom from Fibromyalgia Summit. I'm Dr. Rodger Murphree, and I'm your host. I've got Sinclair Kennally here, who is a natural path, and she's known as the liver lady. Is that right? The liver lady and the chief talking officer of detox rejuvenation. And we're going to be talking about some of the triggers that we see in fibromyalgia, some of the toxic things that we get exposed to that unfortunately for those are fibromyalgia and really start to initiate some of the symptoms that oftentimes can't be explained by some of the testing that we do or some of the conventional work that's being done. So this is going to be a really interesting conversation. Sinclair, thanks for being back on the summit. Thank you so much for joining us.

Sinclair Kennally, CNHP, CNC

I'm sure, Rodger, I love collaborating with you and I just love that you're doing this summit. This is such an area of passion for both you and me. This is really sweet to be able to do this one great.

Rodger Murphree, DC, CNS

You know, several people in the summit that we've talked about have kind of focused on mitochondria dysfunction. And we know that toxins, toxins can really sabotage these mitochondria, these power plants of the cells. Those are fibromyalgia genetically don't have as many mitochondria. And the ones that they do oftentimes are not working like they're supposed to. And that kind of fits right into some of your clinical findings as well as that mitochondria and that and these are important these important organs can get shut down from the things that we get exposed to every day that we kind of don't even think about. Right.

Sinclair Kennally, CNHP, CNC

Yeah, it's so true. And you know, this really started for me with my own journey with fibromyalgia. And for so many of us, fibromyalgia has a diagnosis, you know, like the last thing you know, Oh, we're out of options. It must be fibromyalgia, you know? And I definitely had mitochondrial

dysfunction to the nth degree. So it got us diving into the literature about my mitochondrial myopathy and their relationship to fibromyalgia, which, you know, there's been great studies exploring since as early as 2012, which is pretty early in the field of fibromyalgia, when we really didn't even start talking about this. The first time was like, what, 1990.

Rodger Murphree, DC, CNS

Seven or early nineties. Yeah, really? Yeah, yeah.

Sinclair Kennally, CNHP, CNC

Yeah. So for me it was definitely about or driven by my mold exposure. I had multiple mold exposures. I had a lot of heavy metals that went unnoticed on labs. Right. Because it just that's not what you're running traditional labs for. So once we started tackling those things and actually going at it from the mitochondrial perspective for my own recovery journey, the fibromyalgia started abating and I started seeing, you know, progress, serious progress in my Lyme disease issues, you know. So it's just like the whole picture finally started to just come together for me, but I could actually finally start seeing progress. You know, was the prescription round just did not work for me?

Rodger Murphree, DC, CNS

Well, I think most people know, you know, you can't drug your way out of fibromyalgia. That's probably why you're, you know, watching the summit. It's just, you know, if you're trying to suppress every symptom with a drug, there's so many symptoms before you know it, you want a half a dozen to a dozen drugs. There's definitely a time and a place I'm not one I don't want to bad mouth anybody or stepping on my toes. But really I mean, realistically, fibromyalgia is not a condition that really responds very well to traditional medicine. It's just the way it is. That's why so many people give up hope and so many physicians in traditional medicine kind of give up on their patients. Unfortunately, this, you know, can be incredibly frustrating.

So the mitochondria, these are the power plants of the cells that are communicating with the organelles inside. The cells are sending out messages or design there to help us to be able to communicate, you know, these different systems. But and they supply energy with the most important things, but with they get under threat. Then we have this thing called the cell danger theory, which some of the some of the interview folks have talked about. And I think it really fits into the fiber magic puzzle. But with mitochondria, what are some of the things that can affect the function of these mitochondria, these energy power plants and then generate the symptoms? What are some things they can affect them in a negative way?

Sinclair Kennally, CNHP, CNC

Well, this is such a great question. And I hope everybody's perking up right now because this could be the key to unlock things for you. We certainly see that in our own clinic all the time. So heavy metals, for sure is a huge issue for mitochondrial health when when mitochondria are subjected to heavy metals, you experience a high percentage of cell death and necrosis. And like essentially what we're looking at is mitochondria becoming victims of toxicity. It's not just the cells. The mitochondria actually slow down. You can watch it in real time. If mitochondria exposed to like aluminum, say, from air pollution or food packaging or something, they actually slow down and come to a halt. This is very interesting.

And then also, you know, medications can be hard on mitochondria, just like they can be hard on the liver. You know, we we use medications for a reason. There's always a good reason. But often the delivery mechanisms are quite toxic and hard on the body over time. Right. Parasites are also huge. You know, they can really like inhibit the proper function of mitochondria during mitochondrial cell division. And when you think about it, that's absolutely essential for repair in the body and for healing just in general. Right. And parasites have mitochondria in their cells as well. So when our mitochondria are attacked by parasites during cell division, the mitochondria of the invading parasites actually have strategies to inhibit the proper function of the human bodies, mitochondria. So that's where things get really trippy, right?

And then of course, you know, just pathogens in general. And I have to keep bringing up more because there's so much overlap between, you know, the symptoms of fibromyalgia and the symptoms of muscle poisoning. Right. Anxiety, depression, fatigue and tiredness, headaches including migraines, pain and stiffness. All over the body, not just in the muscles, in the joints. Problems with thinking memory, like just this brain fog, concentration issues, sleeping issues, like there's quite a synergy there that it would really behoove people to consider, like, have I been exposed to all this at a part of my health picture?

Rodger Murphree, DC, CNS

Yeah. So one of the and I can't remember who it is, they're starting to run together some great some great speakers, great health experts. One of the conversations I had was about, you know, why do you think that we're seeing so many more people who are reacting to Mole O'Neal? Nathan, how could I forget Neil Nathan So I was asked this the question now pose it to you. So I've been specializing fibromyalgia 22 years, and what I've noticed in the last five or six years is that the things that I used to take were the big catalyst for triggering a lot of the symptoms, you know, which they still are, but poor sleep, trainer fatigue problems with the thyroid food allergies.

Now what's on the what's really showing up a lot is Lyme and mold, whereas six years ago when I was testing people you know, we were talking about this in some of the the masterminds about imagine that I have that I'm a member of and you know those would come up but when I would test I'd never see it. Now Sinclair seems like everybody is on testing for as much toxins as some long people, but definitely mold seems to be a really a big problem. And the way that Neal explained it, this is what he said. He said that's what he's saying is the the triggers now are different than what they used to be, and in particular, mold and lamb. And he said he thinks, like I would agree is we're just exposed to so many toxins now that we our bodies just have broken down. We cannot tolerate anything since something comes along, whether it's a mold toxin or, you know, this Lyme infection that probably was there could have been there dormant for months, if not years. And then I'll said and now we started developing symptoms associated with these two things.

Sinclair Kennally, CNHP, CNC

Yeah, I think that's really well said. You know we were essentially our buckets are overflowing, right? Our bodies capacity for resilience has officially hit its ceiling in the last few years. And it's actually Tom O'Brien that showed me the research back in 2018 from the EPA's own report that we are importing £250 of chemicals per person per day. Wow, £50 of chemicals per person per day into the US. And that statistic is five years old. So that's the same, right?

Rodger Murphree, DC, CNS

And that's not enough. And a lot of those chemicals, we don't even know if they're safe or not. We just we don't even we don't we don't have the research on that yet. Right.

Sinclair Kennally, CNHP, CNC

Right. The studies that have been done. Right. That have been approved and acknowledged by the CDC and the EPA, they do acknowledge that there's we actually have some serious reckoning to do that. There's a big gap between what gets approved and for human use and what might actually be happening to our bodies afterwards. So Environmental Working Group is a great resource to look at, like new information coming out if anybody wants to follow along negative EWG dot org. Just to get a little bit more literate about this stuff. It's not that we don't know. There are, you know, tens of thousands of studies that are in isolation about how a chemical affects the body. In this one study. What's missing is us all taking a step back and going, okay, this is too much. We have to do something about it. And we think, oh, we live in America, we live in a developed country. It's the burden is on the government to, you know, keep us safe. And that's not true. The burden is on the consumer to prove that a substance is hurting you and then you have to go to court and then wouldn't you know it, they've got three formulas

that are just legally different enough that they can substitute it to keep business going. So it's in this is not to despair. Like this is the part where people start going, Oh, you know, and I totally get it. I was there. Well, we just have to remember is that we have more control than we think we do. Right. And we just have to start looking at our own lifestyle, our own homes and our own bodies and say, okay, I need a strategy for my environment and I do strategy for internally. Right. And you can't ignore either one. Yeah.

And to your point about the molds, mold becomes so much more toxic in the presence of EMFs. Right. So we brought cellphone towers into the home just in the last decade. Right. With Wi-Fi routers and smart devices. Those are all little cell phone towers and more thinks it's under attack when you're trying to use that bandwidth, the frequency, because mold is a colonizer, it needs to communicate within the colonies. So it will start growing faster and dumping more mycotoxins and those poisons, the mycotoxins will actually be up to 600 times more toxic because it thinks I'm I am in a scary environment. I have to protect myself.

Rodger Murphree, DC, CNS

Yeah.

Sinclair Kennally, CNHP, CNC

So that alone could account for why all of us are having to become fibromyalgia literate?

Rodger Murphree, DC, CNS

Well, yeah, and certainly stress, right? I mean, stress and inflammation are two catalysts for probably every condition out there and mental health condition. So we're seeing a couple of years in particular have been incredibly stressful. And if you've already got a medical mystery illness or you're one of those people kind of fall through the cracks with fibromyalgia, people, you know, physicians don't know what to do with. You can't explain what's going on. Some don't even acknowledge that you have an illness. It's all in your head. Right. You know, this incredible amount of stress. And then along comes some other type of stress or some type of situation. And then, like you said, the buckets spills over.

And a lot of these folks are kind of like the canary in the coal mine anyway, aren't they? They're nervous system is on hyper alert. So they don't have a lot of stamina or resiliency to stress. That's why they're vulnerable to fibro flare. So now you got some of these other things that are added to this list, this stew here on the pot. And, you know, before you know it's just overflowing.

Sinclair Kennally, CNHP, CNC

Yeah, I think that's really well said. And that's one of the reasons why I appreciate your advocacy so much in this area. Rodger.

Rodger Murphree, DC, CNS

So do you so in your practice, do you see a lot of people with heavy metal toxicity? Is that something that you routinely see and do you routine? Yeah. Yeah, I'm starting to see it. You know, there was a again, there was a period they used to test everybody and then there was probably a decade where I wasn't seeing it very often. It seems like that's something that's showing up more in my patients now.

Sinclair Kennally, CNHP, CNC

Yeah it big time that that and more we're just seeing just an explosion of it you know and it makes sense and there's great labs that you can run. My favorite right now is the vibrant labs, total toxin burden. You know, where you can see the industrial chemicals, including PFOA, as you can see, heavy metals. You know, urine is not my favorite way to test for heavy metals, but it's a good layer of information and then mold mycotoxins. Right. So it has more markers than most people do. Yeah, you're in for that. So that's great. And then my favorite way to test for metals is a photo spectrometry. So laser laser spectrometry with the OLIGO scan, which is French technology, but there's not that many of them in the U.S. and vibrant labs are very accessible. You could do them at home.

Rodger Murphree, DC, CNS

Yeah. So what are some simple steps people can take? Because, you know, the people here, all you need a detox and you do that. And next thing you know, they're doing a three week colon cleanse or something just totally too radical. They can't handle it. And, you know, from having the the condition yourself at one time and then able to heal yourself.

Sinclair Kennally, CNHP, CNC

Yeah.

Rodger Murphree, DC, CNS

They can handle a lot of stress. So if this if this changes in diet or, you know, where you're on the pot all day, I mean this is not that that backfires or fiber magic. What are some simple steps people can do being proactive and start to just kind of clean their environment up around, you know, their living environment if nothing else?

Sinclair Kennally, CNHP, CNC

Yeah. Well, I'll tell you two stories. One, one about me and one about a client to kind of help folks consider how to take the next steps for themselves. For me, you know, I was so impacted by fibromyalgia, I had to take my fingers with popsicle sticks at night and shove them under my pillow. Otherwise I would wake up like this in the morning. And it was an R.A. They kept saying it was fibromyalgia, and I couldn't stand for more than a few minutes at a time. I would have to drive to work with my elbows because my hands weren't working, you know, wouldn't for the first 6 hours of the day and then when I made diet changes and when I started getting the toxic chemicals out of my house and think about things like air filtration, I started to get some relief.

And then I started working with things like not just red light therapy to support the mitochondria, but also drainage from the bottom up right? So that means actually literally offloading the colon because so many of us, if we're not in a state of flow, that's part of why our bucket is overflowing. Right. And people with toxicity have a tendency towards either constipation or diarrhea. But either way, your body's saying I'm overloaded. So you really want to start with the bottom up before you start, like trying to do deep lymph work or something because there's nowhere for that to go if you actually can't drain out through your intestines. So spread away, people are jerks, you know, irksome reactions, detox reactions. People get scared of detox because they push from the top down instead of releasing from the bottom up. Yeah, it sounds basic, but we have to start there and that's yeah, that was what really saved my life was, was understanding that principle, you know, and I think about this, oh, go ahead.

Rodger Murphree, DC, CNS

Going I say, yeah, I think we do need to start with the basics. Good. I think people, you know, they're chasing the shiny objects. So they're doing all these things are getting their amalgams pulled out. They're doing and there's, you know, there's, you know, collision therapy. And all of sudden I had a big medical practice. We did all those surveys and there's a time and a place for that. But really starting from a, you know, laying the foundation is where you need to start. And the first thing is to make sure you're pooping every day, you know? And we know if I were fibromyalgia, 70% of the fibro have irritable bowel syndrome. So obviously that's a warning sign that something's not working. Right. Your digestion, your elimination is not working right. And I totally agree is that's the first place to start. So you're say from the from the bottom up, making sure you're getting those toxins out by being able to have a normal bowel movement every day.

Sinclair Kennally, CNHP, CNC

You can't flush a clogged toilet. You will overflow, you will get unnecessary symptoms. So let's not do it that way. You know, I'm thinking of a really one of my most beautiful success stories about fibromyalgia was really dramatic. She's a darling woman in her early seventies, and she had no gall bladder and she had really crippling fibromyalgia. It was so bad she couldn't hold her new grandbaby, her first grandchild. And she because she was afraid she would drop him because of the pain in her arms, it was just devastating. And she actually got about a 70% reduction in her symptoms within a week, just by going full carnivore, full animal protein, forward, getting out all of the processed food and plant toxins, sneaky irritants in her diet. And that's not empirical evidence. That's anecdotal.

I want to stress that that might not be the case for everybody, but for her being able to get away from these gut irritants that she had overlooked, you know, like foods that are very toxic to the liver and and by extension, really hard on the body and totally stop a state of flow, keep you keep poking the bruise, so to speak. It gave her instant relief. And then we could do a series of liver flushes. And, you know, she had no gall bladder. She was getting out, you know, hundreds of piece size guys and a few golf balls, you know, along the way with no pain. Because we did the groundwork of releasing from the bottom up and preparing her and breaking up stagnation with, you know, stone breaker herbs and very gentle tons of mitochondrial support. So that last 30% of her, you know, crushing symptoms took about six months to resolve. But it was you know, it was a combination of diet and then this very intense, normal breaking up of stagnation so that she could detox. You know, but there's a reason why we get our gallbladder out. And it's usually because the liver's overloaded and we just don't know what to do about it after that, right?

Rodger Murphree, DC, CNS

Yeah.

Sinclair Kennally, CNHP, CNC

So it all fits together.

Rodger Murphree, DC, CNS

In office together. And you know, I have numerous patients that have fatty liver disease. That's something that's just I just see it all the time. You can see it. You know, we see the elevated liver marked liver enzymes in the lab test and you see that. And then you asked them, by the way, have you ever been diagnosed with fatty liver? And they say, yeah, but my doctors never say anything about it. And, you know, it's a sign that their liver is not functioning like it's supposed to.

So they can have a breakdown in their ability to be able to get rid of these toxins that we got. We you can't get away from toxins, but what you can do is try to limit them. But every time you eat something, there's going to be something in there that's got to be detoxed. Every time you breathe in air, depending, you know, where you're at worse than others. But your body's got to be able to detox itself. But if you've got a fatty liver, it's our sluggish liver. You're really kind of less you're part of your weak link. Right? It's going to affect you, you know, it's going to affect you in a negative way.

Sinclair Kennally, CNHP, CNC

Well, it really is our master regenerative organ, right? Not that it can rebuild itself every six weeks, which is amazing.

Rodger Murphree, DC, CNS

Amazing.

Sinclair Kennally, CNHP, CNC

But it what it's doing as it's flushing out your blood, as it's processing your hormones, converting them, breaking down old ones, it's actually providing essential building blocks to your entire body so that it really is determining the rate at which you can heal. So it's not just our detox organ. It actually provides over 500 functions for us, often 200 of them or more simultaneously. So this big boy is really our hard worker and we don't know it. Right. And I think that we get into these we put ourselves into a corner where we were just, you know, trucking right along, living, living the American lifestyle, you know, doing what we thought was healthy enough until our body starts screaming louder and louder.

And then we go, okay, I have to take this serious. I have to be very healthy. And then we end up on foods that are actually very hard on the liver, like some of the most toxic foods for the liver we think are health foods or they're hidden in health foods like soy protein, isolate very hard on the liver. We don't isolate proteins. That's really extra work for the liver to deal with. Fructose is the hardest sugar for the body to process because it all must be done by the liver. It's the most aging sugar. People don't know that like, oh, I'll just do fructose only, right? Or I'll, you know, I'll juice, but they'll juice really, really high sugar foods and because it's, you know, more appetizing and that can be really hard on you. Whey protein powder same thing maltodextrin so hard on the liver. There's so many studies linking maltodextrin to fatty liver disease and nonalcoholic fatty liver disease that's in protein powders, health, food, protein bars, keto treats, its uses of filler and supplements. Like, you got to start seeing this stuff, you know, and and just just take that one

nugget and go, okay, I'm smarter today than it was yesterday. I'm going to start looking for that. Is this in my rotation right now? That's all you need to do.

Rodger Murphree, DC, CNS

So I really encourage our patients to shop on the outside aisles, bypass everything in the middle. Right. I mean, if it's not a real food look, you're just not you need to avoid it. And, you know, it depends on where you're at in your health journey. Some people are certainly sicker than others. Some people need to be more vigilant than others. But the majority of folks with fibromyalgia is a chronic illness that is very complicated. And it's going to take some work to be able to overcome it. Now, you've heard numerous folks on here, including Sinclair's, shared her own story that she was able to overcome fibromyalgia.

It's very much a treatable condition, but it does take some work. And one of the things I really encourage you to do is to take the small step and realize eating real food. So real food is something that comes off of a tree, it's off of a plant or it's an animal. It's not been processed as tried to be as vigilant as you can about eating something that if you put it on the ledge outside, it would be gone within a few hours. Either it would something would come along your predator and take it away to eat it, or it would become oxidized and, you know, start to break down the.

Sinclair Kennally, CNHP, CNC

I think that's really well said. We gotta get away from these preservatives and kind of unhooked from the natural health marketing where we think like if it says all natural, that's good enough, it's good. Still in a package, it might come at you. Higher costs for you. Okay.

Rodger Murphree, DC, CNS

What about all those are, say, gluten free, you know.

Sinclair Kennally, CNHP, CNC

I know.

Rodger Murphree, DC, CNS

Vegan and gluten free. You know that it gives me.

Sinclair Kennally, CNHP, CNC

But it's like full of rancid seed oils and stuff that are so hard on your liver and like guarantee and fibromyalgia where. Yeah.

Rodger Murphree, DC, CNS

So you mentioned the corner of her diet. So are you a big fan of a grain feed, grain free type of die or does carnivore or keto or Paleo what's probably your number one diet that you recommend for your patients?

Sinclair Kennally, CNHP, CNC

Well, you know, what I will say is that I, I see myself as Switzerland and I don't. I don't engage in diet wars. So any way to getting right with money.

Rodger Murphree, DC, CNS

Everybody's different, right? Everybody, you know, is different on the inside as we're on the outside.

Sinclair Kennally, CNHP, CNC

So yeah, but I do see people clinically, it is undeniable people who are willing to eat animal protein forward and step away from processed foods, step away from grains and lectins and common irritants, and that includes nuts and seeds. Right now, paleo, for many of us, is not far enough because it still contains all these irritating anti nutrients that when you're on the back foot, just your gut has to spend too much time trying to break that stuff down.

The juice is not worth the squeeze, basically, so you can be breaking that stuff down or you can be repairing choose every day. So you got to get really simplify down and people who are willing to do that, it is undeniable how much faster they heal versus others. It's simply undeniable. And then some people may be oxalate, sensitive, some people may be histamine sensitive. Those are things to consider, right? But not everybody.

Rodger Murphree, DC, CNS

Yeah, I did a series of looking at all the different diets and blogs in there. Now, as I report on my website about what diets for you? I mean, there's I mean, I stopped I think I did a dozen. So there's a dozen ones that I have in this report. You know, the paleo, the keto carnivore, Whole Foods plant based, what was one you mentioned and you mentioned actually lectin but.

Sinclair Kennally, CNHP, CNC

My yeah.

Rodger Murphree, DC, CNS

So you know, you can look at those but I mean you look the first reaction when you see this or you go, oh my God, which one's the right one? But everybody's different. But I think that for me, what really is important is that you get those grains out of your diet, at least as a trial. Sugar, fructose and sugar. Too many sweets, too many simple carbohydrates. We know that generates inflammation, cancer. It can cause nutritional deficiencies. All sorts of things can start to show up, increases, yeast overgrowth, leaky gut. These things start to show up. So getting that out of your diet, I think is very important. So that's a simple thing, right? I mean, some people. Oh, gosh, that's it is I mean, I know it's a lifestyle and it's something you can't do, you know, right away, but you can start working your way into that. Then you mentioned E.W. Gee, I think that's EWG done.

Sinclair Kennally, CNHP, CNC

The.

Rodger Murphree, DC, CNS

Dirty Dozen. These are the most toxic foods out there, kale being one of them. If it's not okay by the way, strawberries, you know, something else. And yes. And then they have the clean 15. So these are foods you don't have to be so worried about if they're not organic. What are some things in the air and in the air that we could do? You mentioned air purifiers. I love Boston Air. That's what of I think my machine is 20 years old. It's still every few years like I get a new filter, but it's still running great.

Sinclair Kennally, CNHP, CNC

But it has good health cons of absorbent material compared to other filters in that same price range Austin area, there's no contest. Ongoing costs are totally lower for Austin area versus the other guys on the market. They were also the units that got used at Ground Zero and clean that up for 911. That speaks for itself. There's great research around that. I also love high tech air reactor because that is really good at breaking down things like mold, chemicals, mold and mycotoxins and other types of chemicals that off gas in your environment. So if you know you're chemically sensitive and that's a part of your fibromyalgia picture, it's a wonderful investment so that you can be safe. It actually will work on you internally as well as you're breathing in those dust particles. If that feels out of your price range, guys, you're not off the hook for air filtration because most of your air pollution is inside. Not outside. Your air can be up to 400 times more toxic inside than right outside your window. So open the windows. A \$20 box fan will go a long way. Like let's let's give the body a little bit of a break here, you know? Yeah.

Rodger Murphree, DC, CNS

Yeah. Now, what if it's so? The things they do is make sure they're changing their filters. So their air filters, HEPA filters, I mean, these are things that are not that pricey. They're inexpensive, but they can make a difference. Plants I'm looking I'm looking at my bamboo and my spider plant right here in my library. There's plants that you can put in your household. I did a whole series and I know you got a lot of resource on your website about some of this as well, but plants can help detox the air.

Sinclair Kennally, CNHP, CNC

I love snake plants and spider plants. Snake plants are so hard to kill, you have to water them very infrequently, thank God. And so they're not going to mold while they're sitting in water for you, which is great. Spider plants are great at capturing VOCs, so volatile organic compounds that are really hard on the body. There's a proven link between those and fibromyalgia. Brimley ads are wonderful to have in the bedroom because they essentially shoot out oxygen at night for you and they sequester carbon dioxide during the day. So it's a really beautiful thing to bring into the home. And I think it's part of why we're we have so much obsession about plant, you know, the plant ladies and stuff like that on Instagram. Now it's because intuitively people know like, I need some help in here. It's a little toxic.

Rodger Murphree, DC, CNS

Yeah. Yeah. Now we've talked a little bit about let's go back to fatty liver and the mitochondria. What are some of the supplements that you like? What are some things that are accessible out there that people could do on their own to help with fatty liver and or help their mitochondria work more effectively?

Sinclair Kennally, CNHP, CNC

Well, I really want to stress a couple of basic things. So you're not allowed to detox if your bowels aren't moving, period industry. You need to move your bowels every day, guys. So if you have a tendency towards, you know, being constipated or not flowing, you got to start there. And then you're allowed to work on your liver and try to flesh stuff out from the tissues to get a break from your fibromyalgia. So from there, I really always want to start with mitochondrial support for detox. It's a mistake. People overlook, you know, so you can use micro minerals for this site or some small cause great or energy bi bio immersion that's a favorite because even C sensitive people won't react to that one. That's fantastic. And, and once you have a little bit of energy in the system, then you can start asking the body to offload right? So I like things like kale support, which is a very well-rounded supplement for the liver. And you just kind of start to wake up the

liver, hey, you want to you want to get rid of some of the stuff that you haven't been in a position to let go of. But really, I like adding in bile salts, you know, that kills the king of bitters. And it's also a bile builder, you know, that's fantastic. And it's expensive for the body to sequester and to make new bile from it. So it's great to just add it into the mix. You always want to consider your gastric juices when you're trying to detox and give the liver a little bit of a break. So you need a reason for the body to be able to break down your food more easily. Right. So you may have to add in a little bit of HCR, you may have to add in a little bit of maybe not ox bile, maybe tadka or bitters. Instead, there's, you know, you may have to add in some enzymes to get to the point where your body is flowing again enough to break down its own food.

It seems counterintuitive, but not really when you look at how long you may have been on the back foot right now. And then I really love to do Stone Breaker Herbs when you're ready because you can break up the stagnation. Like it's not just the gallbladder that gets stones it's delivered to, right? So you can have thousands of stones packed in that beautiful biliary tree. That's just livers like I had no I had nowhere to put this, so I put some cholesterol around it and now I'm stuck, you know? So it's just a great thing to consider over time. But my favorite, favorite detox product for fibromyalgia of all time is really a liver support product. And it's carboxyl, it's it's short, medium and long chain carbons that really pull from deep out of the tissues. Heavy metal, not heavy metals really, but more like industrial chemicals as well as mycotoxins. And it's just so good at drying it out. You can see magic. You know, miracles won't happen when you use it consistently, do you?

Rodger Murphree, DC, CNS

So we mentioned some supplements, but for those of you that are wondering, am I chemically sensitive if you don't know me? Most people know. But you know, some of the signs a big one would be you find that that smells. Odors have become a problem. Maybe a year or two ago, no big deal. But now you get around some perfume or you get really sensitive. You can even go into an office store because you smell the ink or what are. I have some patients that are incredibly sensitive. They try to read a book. If it's new, they can't read the book because of the smell. So these are some of the if you get three reactions to you, take Benadryl should make you sleepy and he revs you up. Or, you know, if you get these funny reactions, you kind of know that you do have some chemical sensitivities. What are some things they can do if they know they have chemical sensitivities that may help to help them not be so vulnerable.

Sinclair Kennally, CNHP, CNC

Yeah, well, you know, first, I want to emphasize.

Rodger Murphree, DC, CNS

That's a hard question. That's not an easy question to answer. Oh, I love it.

Sinclair Kennally, CNHP, CNC

You're so smart, writer. I think you're right on the money here. So what I want to emphasize is that detox is at a very basic level math. You want to be able to get out more toxins per day than you taken. So you even if you're super chemically sensitive and you're like, oh, I'm so sensitive at this time, I'm very afraid to try a new supplement because I could react then your job is to go to your environment first. Yeah. So? So we're going to clean air, food, water, clean sleeping area where you can rest deeply. You go to the EMTs, you reduce the EMFs in your home body voltage, not just wireless radiation, dirty electricity. Look at all of those so that you're not so under pressure and I really emphasize this axiom, live small now to live big later, who cares if you can't go into Target right now because you'll get a reaction.

Don't go into Target. It's not the end of the world. Don't push yourself through that order online like it's really don't don't ask your body to do things that a normal person should be able to do. If you're already chemically sensitive, your job is to reduce the variables and be very kind to your body because your resilience is underneath all of that, just so you know. Yeah. And I also really encourage you. So I guess what is it, Robert or I think it's 12.8% of the general population has been diagnosed with multiple chemical sensitivity. Right. And then but it's like 26 or 27% of general population report, you know, self-diagnosed chemical sensitivity, essentially. So this is you're not as rare as you think, even if you're the only one in your circle talking about this on a day to day basis with the only one in your family. And think about this in terms of very tiny steps. So can you buy an organic T-shirt and wash it a few times before you put it on your body? It really should be seven times when.

Rodger Murphree, DC, CNS

You can use nontoxic dishwashing I mean, dishwashing clothes, washing, whatever it is. Detergent. Thank you.

Sinclair Kennally, CNHP, CNC

Right? Yes. Yes.

Rodger Murphree, DC, CNS

Steps, anything you can do to lighten your load, because this and these are the folks that oftentimes will share. Golly, over the last few years, I've got more and more sister. That's your

body's warning signs saying you become overly toxic, your body can't handle any more. So doing some of the steps that Sinclair has suggested is these little bitty things they build upon themselves. And what you see is you get to where you can handle more and more and more. But it is these little steps that make the difference.

Sinclair Kennally, CNHP, CNC

It is, can you store your food in glass instead of plastic? Can you use a glass teakettle? Instead of that super suspect one? Or you're like, I don't really know what this is made of. Actually, now that I think about it, you know, can you use organic loose leaf tea instead of tea in a plastic tea bag because that can release over a million toxic particles into your morning cup. Like we can get real granular here. And, and that's what I want to emphasize is that this is a bunch of tiny steps. They're all very doable. You don't have to do them all today.

But you can start to gather this information, make a master list, check off things that you have started and go, I did that. I am. I'm on my way. I'm making progress, you know? So this is complex, but it's not mysterious. And I can't emphasize that enough. This is not like I mystery patient X and no one will ever know what to do with me. You know, Rodger and I will tell you, we deal with rogues like you all the time. What was that? And it's a step at a time. You've got this. This is. This is very doable. Yeah.

Rodger Murphree, DC, CNS

And I think diet you've mentioned diet, so that's really important. And the idea did a master class for detox and one things I really focused on in that masterclass and there's a report on my side about it is the foods that we the Basilica family so just as you already mentioned some things but brussel sprouts and organic kale and broccoli and cauliflower, these things, arugula. Terry Walsh was out here and she was sharing about her paleo intense diet. And part of that was to get these foods in that would help your liver to be able to function more efficiently, especially those who have a sluggish liver or chemical sensitivities.

If you can't take a supplement, start with a diet, and then maybe you can go from there taking maybe a homeopathic, something that's really gentle that we use on our you know, I know for me, kids that I work with, that's really when I start them out they do really well homeopathic but people who are chemical sensitive LA Times they have to just use homeopathic things instead of more nutraceuticals. That may be a little too intense for them, but diet is changing to your diet. I think to make a big change over a period of time.

Sinclair Kennally, CNHP, CNC

Your like even switching to Whole Foods from processed foods. And I know if when you're tired and you feel fragile, I remember like the last thing you want to do, please don't take away my crutch that I'm, you know, it's probably hurting me, but I'm functioning with it. Yeah, but sweet potatoes will go a long way, guys. They're very comforting. They're very low effort, you know? Easy.

Rodger Murphree, DC, CNS

Yeah, that's a good.

Sinclair Kennally, CNHP, CNC

Scratch that butter on there, you know, and call it good, you know. So there's always a way and closing.

Rodger Murphree, DC, CNS

I'm sorry. Go ahead. I'm sorry.

Sinclair Kennally, CNHP, CNC

I want to emphasize the oils piece of this, because if you have a if you're chemically sensitive, if you have signs of fibromyalgia, you chances are you have an overloaded liver. And one of the most thoughtful things you can do that's super simple is to gently swap out your seed oil. So your canola, your vegetable oil, what does that even mean? Those are industrial oils. They're not meant for food. They're they're broken down with hexane. And then they're bleached like these are not worth it. And go back to oils that were meant to be used. Like, you know, coconut oil is very easy on the body that's vegan olive oil is good for cold dishes.

But really the deeply healing ones are going to be grass fed butter, grass fed ghee, even goat butter. That's fantastic tallow is more appealing. And if you actually add these in and small amounts that your body can tolerate, it gives your liver a reason to flush out those old rancid oils that can stay in your body for 6 to 7 years at a time. Like talk about something that's going to screw you up. If your cell walls are made of old rancid oils and you can't receive into the cell and you can't get out cellular metabolic waste or toxins. Yeah, you're going to have a really big problem.

Rodger Murphree, DC, CNS

Yeah, yeah. We've covered a lot. And so some of us don't. What do I do? Emerson, EWG Morgan. I know it's a lot. Don't let overwhelm is not you know this is you know this is something you might want to watch again over and over you want read a transcript highlight whatever but in the meantime I really want to encourage you to is go to Sinclair's website and check out some free resources about some things that we've talked about today. She's got a wealth of information there. Sinclair what's the best website for them to go to learn more about what we've talked about today?

Sinclair Kennally, CNHP, CNC

Yeah, it's easily it's detox rejuvenation dot com and you can there's lots of free self-serve quizzes on there like do I have the symptoms for EMF sensitivity, chemical sensitivity, mold and heavy metal burdens, you know, so that those are a fun place to start, right on detox rejuvenation, that kind of stuff.

Rodger Murphree, DC, CNS

As always, this has been enlightening. I've learned a couple of things here. I didn't didn't even didn't know. So, I mean, I consider myself up on this, but obviously you really know your stuff. And so thank you so much for sharing your knowledge and your passion. Really appreciate it.

Sinclair Kennally, CNHP, CNC

Back at your major. I just so love the advocacy work that you're doing and leading the way in this space. So thank you so much.