Several things are discussed: western medicine and the missing piece to its approach; parasites and their symbiotic relationship with humans; and why your stomach acid is very important for your health, as well as detox methods, potential paths of healing, and fasting.
Key Talking Points

- [10:48] Fingernails
- [14:37] Parasites can Affect the Gall Bladder
- [17:40] Intestinal Permeability
- [25:15] Prevotella
- [27:15] Adrenals, the Gut, and Urine Testing
- [31:32] Detox Methods
- [21:57] Why Stomach Acid is Good For You by Dr. Jonathan Wright
- [35:46] Good Bile Flow, Good Digestion of Fats
- [36:46] Yucca Root
- [37:37] Apple Cider Vinegar Helps Stimulate the Mitochondria
- [43:00] Potential Paths of Healing: Getting Rid of Toxic People, Leaving a Toxic Job, Saying No, Going to Bed On Time, Getting Up With the Sun
- [48:03] Primal Living
- [49:29] Do The Work by Steven Pressfield
- [1:02:36] Fasting is a Case By Case Basis
- [1:17:53] Contact Information
- [1:22:10] "Mixed Gratitude Visualization"
- [1:24:45] The Attractor Factor by Joe Vitale
- [1:25:23] Blood Chemistry and CBC Analysis by Dr. Weatherby

Guiding Questions

How is gut health related to mental health?

What are some good detox methods?

What are the potential paths of healing?