Today I have an amazing, like a super dear friend, the most amazing veterinary doctor practitioner you'll ever want to know. She's one of the original biohackers.

That means that she's been collecting a whole host of different kinds of technologies. Biotech that you. She uses in her clinic that are easily understood.

And many of these devices are used in personal homes. And doctors recommend them to to all of us. So she has, she sees a lot of Lyme in her clinic, and I just thought her contribution and the tips that she can share with us today will be invaluable.

So with that, I want to introduce my dear friend, Doctor Marlene Siegel. Marlene, welcome to the Healthy Hotline. Thank you. Robbie, it's such a pleasure to be here.

And I'm super honored that you included the fur world into your series. My oh my God. You know, everything on the planet started there anyways, so. And we have so much to learn.

That's why I love talking with you and our friendship relationship colleague back and forth, because we're always sharing the latest hacks and the latest innovations protocols and seeing how they.

What I see that I you know, is getting good results and you say the same for you and it's just nice to share that. One thing that you guys all need to know about Marlene, besides, she's like an amazing speaker.

She's an author. She has this really state of the art, animal hospital and clinic in, in the Tampa area. She'll tell you a little bit more about it. And she started this whole natural food line.

And, I mean, I've gone out to dinner with Marlene multiple times, and she will walk that extra ten miles to make sure that whatever she's being served on her plate is organic and the healthiest food you can, you can take in so I love the fact that you carry your own life pursuit into your applications and your passion with your clinic and so forth. It really shows.

So you got to walk that line. Well, you're so right about that. You know, I see you have a slide up and you prepared a few things that you'd like to talk about.

So I'm actually going to turn the mic over to you to walk us through some of the things that you'd like to, how you'd like to educate us, and the kind of tips that you like to offer.

But before that, can you just spend a minute and give us a small little backdrop as to kind of like how you got passionate in the area that you're in now?

Oh, I'd be honored to. So like most of us, something happens in our life that knocks us out of our little comfort zone and makes us push into a bigger, better version of who we are.

So for me, I'd already been practicing veterinary medicine about 20 years when my daughter was riding one of our show horses and they were in an accident, and the horse literally saved her life.

And it was in my quest to make the horse better that it took me into alternative medicine, because when I had equine veterinarians come out to look at the horse, they told me they really weren't sure what was wrong with her, but they said she would never be safe to be ridden or shown again, and my options were to put her out to a pasture for the rest of her life.

She was seven years old, which is very young. In the peak of her career. Or I could put her down and that was just an unacceptable answer for me. I knew that there had to be something more out there.

It just wasn't in our traditional training. And that's what took me into alternative medicine to begin with. And in that journey, what I really learned was the biology of the body.

That's not how we were taught in veterinary school. We were taught to name it. Then we can blame it, and then we can come up with a pharmaceutical or a treatment or a chemo or whatever.

But we weren't really taught to understand the biology of the body. How does it actually work? And it's the most miraculous thing you can ever imagine.

And it has all these built in pathways and systems and checks and balances, but we throw it off. So when we learn how to live in cooperation with the body and the mechanisms that it already has, and we quit messing it up, we can see miraculous changes.

And so that's been my journey for the past 20 years, and I'm rounding almost 40 years in clinical practice. Wow, what a quest. And if you ever visited, Marlene's, facility and we're going to post, like, how you can get in touch with her.

She's got a pretty cool website. It's Doctor Marlene Siegel, spelled s I agl.com. And there when you get on there, you have two choices. You can either look at her food online and that whole channel, or you can go to the hospital site.

And anyway, whichever direction you go, you'll be able to get Ahold of her. And she's really someone you need to know. So show us what. Show us what you've got here.

All right, so let's talk about lyme's in our pet families. We know lyme's is transmitted by ticks, and the tick that is most incriminated is the deer tick.

It's also called the bear tick or a black legged tick. So not all ticks transmit Lyme disease. And it's not the tick itself that is causing the Lyme disease.

It's the Borrelia that is transmitted through the tick bite. All stages of the tick can transmit disease. So there's a larva stage and nymph stage and the adult phase.

And in all of those they when they bite, they transmit this organism. But it does take 1 to 2 days to actually transmit and cause disease. So just because the tick jumps on or they don't jump, they crawl on you.

So just because the tip crawls on you or your pet, doesn't mean that you're going to get Lyme disease. It does have to have a transmission time. We know that some of the risk factors are location, location, location, and all states do have reports of Lyme disease.

But the states that are worse are the northeast, especially the New England states, Upper Midwest and the Pacific coast. But we also see Lyme's in Europe and Asia.

The time of the year that it's worse is the spring, summer and fall, where these guys are breeding and hatching. And it's most seen when you're going through tall grasses, thick brush, marshes and woods.

Because what happens is, when you or an animal is walking through that area, you brush against where the tick is hanging out, and then they just crawl right on to you as you brush past them.

Now, cats are not infected as often as dogs are, but when they are infected, they have very similar symptoms. As a dog. But there are cases where dogs and cats can be infected with Lyme.

Be positive, but show no symptoms. The symptoms that we typically see are lameness, swollen joints, swollen lymph nodes, fever, shock, anorexia which means they're not eating, being lethargic.

They don't want to get up and move around. And sometimes we have a history that there's been exposure to ticks. But just like in people, oftentimes no one ever sees the tick.

When we do standard blood test, they may not show any abnormalities. The kidneys are what are most affected in Lyme disease for our animals. Nerves can also be affected.

Sometimes we'll see seizures and the heart can be infected as well, but it's not as common in some experiences. We can have chronic, lifelong joint pain that is caused by the damage of the bacteria.

And just like in people, you have the acute phase and then you have the chronic phase. The best treatment is actually prevention if you can avoid the areas that are infested.

But that's not always possible. You want to inspect your animals every day. They make these special little flea combs and they have really fine teeth.

And you want to go through their coat every day. If you are in an area where you have ticks and look between the toes, look around the lips, around the eyes, around the ears, and inside the ears, around the rectal area and especially under the tail.

Now I as a holistic veterinarian, an integrated veterinarian, I try to minimize the amount of toxins that we're exposed to. But I think that if you are in a high risk area for fleas, ticks that you have to weigh your pros and your cons, you know, it's you have to pick your lesser of the evils.

And this is where I think using some of the veterinary approved flea and tick preparations are really valuable and worth it, because I'd rather deal with a little bit of the insecticide and prevent Lyme disease, which is way worse.

Now, a lot of people don't know how to take a tick off once they find one on their pet, and you don't want to grab them with your finger, you want to take a pair of tweezers and you want to grasp the head.

There's reports on the internet about using heat and if you can, without burning your cat, be able to do that, that's fine, but you don't want to risk getting them lit on fire either.

We like to spray them with alcohol, which will cause the tick to release the bite, and then grasp with a pair of tweezers and remove them. I am not a fan of the vaccine.

There is a vaccine out there, so I wanted to mention it, but it's I'm not a fan of it. If you are in an area where Lyme's is really prevalent. Talk to your veterinarian, do your homework and decide if that's right for you.

Let's go ahead and look at an actual case presentation. This is smudge. He is a seven year old male neutered Chihuahua mix. And before I advance to the next slide, I want you to look over to the right picture and you'll see the back of his head is shaved.

It's because he had a spinal tap when he was first brought to the veterinarian. Up, up north, where they were from the history and present. He complains of smudge.

Was that on Christmas Day in 2020, he became acutely painful in his neck. And I'm talking scurry mean bloody murder kind of pain. Now, these guys are very often coming down with degenerative disease.

And so at first, I'm sure the presenting veterinarian thought maybe that's what they were dealing with. But everything they did to smudge, he was not getting better.

So they did bloodwork x rays. They did tests for Lyme's and they did a spinal tap. His white blood cell count in January was 91,000. Normal is between 4.9 and 17 and usually is more, you know, around the 5 to 8000 range 91,000.

It's extra ordinarily high. So they treated with antibiotics and with steroids. And he did get better. And his pain started to subside. And he started to go back to eating again.

And in February the owner started to decrease the steroids. And he had a sudden relapse. And that's where I came in. So we began our treatments. And then this is the bloodwork.

After two weeks of treatment, his white blood cell count was down to 29.9. Still had a lot of neutrophils, which are the primary line of defense. This was his blood chemistries.

His liver enzymes were elevated and had been elevated for some time. The alkaline phosphatase is an enzyme that comes from the bile ducts that are within the liver.

And they were elevated as well, probably from the steroids. We had done a heavy metals panel on him, and we found that he had a lot of heavy metals. In fact, he showed positive for all five heavy metals that we test for.

Antimony was the highest. The next was cobalt, and cobalt is actually B12. So I'm not sure where the B12 was coming from, but that was not a bad thing.

But of course we were seeing strontium, Mercury, lead and arsenic. And then as far as nutrients go, he was really high in copper. Again, I don't know if that was coming from the pipes where they were at when he was drinking tap water.

He was extremely low in zinc and was also low in lithium. We did a vitamin mineral panel on him and found that he was vitamin D deficient. He was eating a processed food.

Diet had been his whole life, so not surprising that his vitamin D was deficient, but his B12 and magnesium were within normal ranges. This is the test that I think is really important and has so much clinical information.

It's called a VDI panel, and the TC one is a test that looks for what we use it for cancer markers, but it also will pick up dysregulation of DNA. So we'll see that in either cancer cases or in a lyme's case where the organism is invading a cell and using that cell to replicate, and then it kills the cell and that will cause the TC one to go up as well.

And then the CRP down here on the bottom is the C-reactive protein. And that's an inflammatory task to let us know if there's a lot of inflammation. What was so significant about this number?

It's first of all it's off the charts. But this dog was still on steroids. And despite the fact that he already and still had steroids on board, the inflammation was off the charts.

So that was my focus. I knew I wanted to get that inflammation down and get this dog feeling better. So the first thing we did is we used a machine that we have called a Magnus sphere.

They actually make this machine for home use as well. And our goal was to first get him into a parasympathetic state. There are two branches of our autonomic nervous system.

There's our sympathetic and our parasympathetic. And our sympathetic is the side where if there is danger, you kick in your sympathetic side so you can run really hard or you can fight really hard.

And that's your short term survival mechanism. So if danger is about to kill you, you need your sympathetic side to kick in so you can try to save yourself.

But the parasympathetic side is where we heal, where we do rest, repair, digestion, and detoxification. These guys live on a teeter totter from each other, so imagine if they're in balance. They're right about here.

But if you're in high sympathetic tone because you're in a lot of pain or you're very stressed, then your

sympathetic side is going to go up and your parasympathetic side is going to get turned off.

Well, we needed to get this dog into a parasympathetic state. So his body had the opportunity to heal. We also used ozone. We used our air machine because we wanted to get structured water inside this dog so that he could absorb as much oxygen as possible.

We did infrared therapy on him using the Thera healing pad. This was a daily occurrence and then after he was oxygenated with the infrared and the ozone, he went into the hyperbaric chamber.

And then we did chiropractic work on him. We use laser to do photo hemo therapy. It's a special technique to release nitric oxide and to improve oxygenation was also used to reduce pain in his body.

We did acupuncture something called assisted lymphatic therapy. We know that the liver and the lymph are the two most important organs of detoxification, and this dog was stuck in everything.

So we wanted to do lymphatic therapy to not only boost his immune system, but also to help remove toxins. And then he went into our on foot baths, which not only helped him to get relaxed, but it also helped to pull toxins out of his feet.

He also shared our salt room so that we could detoxify his lungs and upper respiratory system. We did coffee enemas. We changed him to a raw diet we supplemented with vitamin D.

We were cleaning the liver using liver sauce and a binder. And of course, the coffee enemas helped with that as well. And then the silver hydrous was our natural antibiotic.

Then we used homo toxicology. We did parent essential oils, which are the fatty acids that make up our cell membrane. Because I knew this dog was going to be deficient and we had him on a vitamin mineral supplement after four weeks of therapy, his C-reactive protein was literally normal.

We reduced the inflammation. But if you remember what the TC one was, the T. K. one went higher. And that was because the organism was still replicating in cells causing cell destruction.

So I'm sure that's why the TC one was going up. This is a long term disease. This dog was already a chronic Lyme victim. And interestingly enough, the owner also has chronic Lyme.

Not a surprise. Well, on the left is how smudge presented to us. We're doing a laser treatment on him on the left hand picture, but you can appreciate that his head is down.

He's depressed. He doesn't feel good. He was painful. He didn't want to eat. He had a fever. And then after just a few weeks of treatment on the right hand side, you can see this as a happy dog.

Again, the owner said that even after the first 24 hours of our therapy, they could also see a huge change in his behavior. He started moving throughout the next couple of weeks.

He started playing with his toys, something he hadn't done in a long time. So he is not going to be free of this disease for a long time. He's going to need some chronic therapy.

We encourage the owners to buy an infrared pad to buy a hyperbaric machine for home. They can rent one or they can buy one, and they are actually rather affordable now.

So that was our case presentation and I hope that was valuable to you guys. This is how you can contact me. The doctor Marlene segal.com site is where it is the hub of all the things that I do.

And then Pasco Veterinary Medical Center is our hospital. If you would like a free e-book that goes through the six steps of healing that I do with every one of my cases, whether they're healthy, we want to keep them healthy or

they're challenged and we want to get them back to being thriving and healthy.

It's the holistic Healing vet.com, and you can download the free e-book. And what I'm super excited about. And Robbie is going to be a part of this is our spa family wellness centers.

And these are detox centers for people and their pets. So all the things that we did or smudge you as a pet owner will be able to go and enjoy these therapies with your pet.

So we're super excited about them launching at the end of 2021. And last but not least is diet and nutrition. It is so important we are what we eat and never more so important than to our pets.

And we know that eating processed foods are bad for us and it is certainly bad for our pets. So sadly, most veterinarians are not trained in nutrition or to understand what good nutrition is.

I keep it really simple. I try to mimic what they would eat in the wild if we were not intervening. Dogs and cats are carnivores in the wild. They will kill another animal and eat it in the state that they killed it in.

So not to go into that rabbit hole, pun intended. But if you would like more information on species appropriate diet, I would love to have a deeper conversation with you.

And that's my presentation. Wow. Amazing. Marlene, that was really cool. You know, first off, I appreciate all the things. You know, you guys out there, I just took some notes and it filled up more than one page from things that you were saying.

But, you know, many of the modalities and the hacks that you, you used to help, this, this your pet? I you switch back. Was is the things that people eat.

First off, let's start with the testing. You test the animals just like we're being tested. Blood testing and all different ways that you analyze it. And I just love how you intuitively went to that.

A whole piece about inflammation because you saw Lyme and the co-infections, you know, not so much as the enemy, but just as an agent in the body that's creating a full chain of reactions by which is creating the disease that the chronic Lyme patient you guys out there are experiencing.

And you see that all through the lens, through the lens of the veterinary and the veterinary lens. And I just think, it's amazing. The in the beginning, you were talking about how the, the your patient was presenting themselves and about the chronic pain and the anguish the dog was going through.

And I know there's got to be at least 50% of the of people that are watching today that can sort of relate to the body pain and the movement. But, you know, here is this animal that can't really articulate it like we can.

Yeah. But then again, then we've got the limitations when you try to articulate it to your doctor, they say you're crazy. All your tests seem okay. Go see a psychiatrist. So.

But that's what the original variants, Robbie. That's what the original that an and said. Oh, we tested for Lyme's and it was negative. We actually found the Lyme signature on our bio.

Our energetic scan. So we knew it was there. We knew this dog had exposure. Plus they live in a state where it's really prevalent. The owner has chronic Lyme disease.

You know, I mean, how many times you have to hear hoofbeats to think of horses, not zebras. And in this dog's case, he was spot on. Yeah. You know, that brought up a question which we'll cover in Q&A again.

But for those people watching, I've always wondered, can like a pet like your dog or your cat transfer? If it has Lyme and you don't, can it actually transfer Lyme to you?

Do you have a view on that? It is not possible. There's lots of literature out there that supports that. It has to be transmitted through a vector borne disease process, and it's not always ticks.

There are other transmissions, but ticks are what we usually see in the animal world. Wow. Okay. That's yeah. Just my heart stopped for one second. But you know, how about how about this scenario?

I'm not going to go into a lot of them. But what about like your dog is out fasting and you took it for a walk or whatever, and it happened to pick up a tick, and now it comes into your home, and now you're cuddling with it at night and all that stuff.

Like once The Tick. I guess if The Tick has already sort of implanted into the dog, that's the new host, and it's not likely to leave that host and and transfer it to you.

But if the dog, if it was just on their hair and they or coat and they didn't have a it didn't implant in a sense, right. It could easily just hop off your pet onto you per se or something like that.

Right? I mean, that's absolutely that's possible. Correct. Absolutely. Yeah. All right. So it's not 100%. So you still have to you have to proceed with caution.

And I loved how you went into the zones in the country that are, you know, pretty prevalent. There's it's everywhere. Trust me, it's everywhere. But there are places that are more concentrated and that's where you have to be.

Be smart about it. Right? Absolutely. And and when we were out riding, we would come back in in the evening and we scoured ourselves because, you know, you're writing out in the brush and we would have long sleeves on and, you know, try to do things to protect ourselves.

But, you know, there and it's gross, when you get a tick on you and you find it, it is really disgusting. But remember, as long as you take them off before they become embedded because they have to be there for two days.

And that's why these flea and tick products that you can use on your pet when the tick embeds, they're drinking in that toxin and it's killing them before.

Theoretically, they have a chance to actually transmit disease. And the reason you don't, as a human, want to try to grab them with your fingers is because if you have micro cuts on your fingers and you burst their body, you can get transmission that way as well.

I say, wow, that makes sense. I I've always known you. Earlier you were just talking about, like, using alcohol in the way to, you know, the safest way to get a tick off.

My dad was in the army. This is old school. And he used to tell me that they would take cigarets and they'd bring it up close not to burn their skin, but warm enough to, like, sort of warm the bun of the backside of the tick and then the ticks.

The, the head of the tick is almost like an arrow. And so it when it goes in, it becomes kind of a barb. And that's why when you pull on the tick, you can pull sever the head from the body.

And now you're letting loose all of these pathogens and, and, you know, different bacterias and so forth, you know. So now if you take the cigaret, you warm up the butt and then they close the head up, and then they cause they're not comfortable and they sort of back, back out.

That's when you can grab them, right? Yes. And, I always remember that. I mean, I know it's probably a household army thing, you know, but I thought that that was pretty cool.

You covered so many modalities that you use in your in your clinic. But I loved how you segue into the autonomic nervous system and making sure people know, because many Lyme patients, you know, they suffer from high anxiety.

Yeah, it's there's an emotional crossover. And maybe, you know, you probably see it in the vet world also. So by calming the body down, you know as we're talking you can we can talk about breathing techniques you used there are air breathing technology ozone and hyperbaric.

These are all oxygen therapy. Technol technologies biotech. And so because the, the co-infections and the Lyme is anaerobic, they don't like oxygen. So that's a really great remedy to jumpstart the immune system.

So I've just you just walked us through acupuncture, essential oils. I mean, you know, heavy metal concentration. These are things that everybody out there can, can relate to.

And it's really inspiring to know that you can do in clinic to the pet, like just in the veterinary world, the animal kingdom, what we're hoping to try to achieve with us, you know, and you give us a lot of inspiration because all the things you talked about are all the things that we all can do.

We have control over that. And and I believe that, you know, you can do it efficiently, inexpensively and tapping into you and, you know, they can get to you by by Doctor Marlene Siegel, dot com.

And then go through your web links and your, your switchboard and so forth. But you can give everybody out there helpful hints as to do this. And the new clinic that the spa clinic that you're bringing out, I mean, the very idea that I'm on one side taking care, you're taking care of me, and my pet is on the other side, and you're taking care of them.

And then we we exit the tunnel together, you know, happy. It's an amazing concept. And I know everybody out there wishes the best of luck with it. So that's great that detoxification it really is going to be the conversation of the future.

We have never experienced the level of toxins that we are experiencing today in our civilizations, and this is worldwide. We have to start paying more attention to how much pollution we're causing on our bodies, in our bodies, in the environment.

And we also have to be nurturing that biome that lives within us. You know, here we are talking about kill the parasite and kill the bacteria and kill the virus.

Well, actually, we derive more of our functional genes, the genes that actually tell our biochemical pathways what to do from these organisms. So it's not that the organisms are necessarily bad, it's that we as a host, have made our host planet very inhospitable as an environment to have everybody live in harmony.

When you start getting out of harmony, then we have ships in who's going to start taking over the mothership because the mothership is failing. If we start taking care of our planet, our bodies, our pets, bodies in a sustainable manner and learning how to be empowered to do that, we're going to see a massive shift in the entire world.

So I kind of like the time right now because I think we needed something to stir things up. We needed something to wake us up. A slap upside of the head that said, hey, this is not sustainable and you can't keep going in this pathway.

What can you do differently? And isn't it amazing that every technology that I showed on there on that screen can be purchased for home use, including hyperbaric oxygen, and it's so portable now we can get hyperbaric machines for home super safe that are under $7,000 now, something like a wow, $7,000.

A lot of money. Well, not when you think about how much you pay to go someplace and do a few dives, because hyperbaric in particular, you have to do at least ten dives.

And then the case of a lyme's patient, oh, probably, you know, 30, 40, 50 and an ongoing basis. It's just not something that's going to go away with ten treatments and you're done.

So a lot of our chronic inflammation cases, they need a daily routine of getting into a parasympathetic state and then oxygenating their body, and then being able to push that oxygen out into the tissue and help the body to work in its best capacity.

And isn't it amazing that instead of buying a lot of clothes or spending money on frivolous things, that yeah, they may be fun, but what's more important than your health?

Because you're not going to have fun when you don't feel good? Totally. You know, the whole home hyperbaric thing always intrigued me. And 15 or 20 years ago and we looked into it, the units for home were were much more expensive, almost three times the money that is now.

And they've actually made them pretty cool where they're kind of like sleeping bags. And what's nice about the home units is that, it's a little bit longer.

Like they don't dial up. The atmosphere's the number, the amount of air pressure as much as the clinical grade, which could be 24 atmospheres. The home units are more like 4 to 8.

So people, you have to use them for a longer period of time to get the same effect. But. But the fact is, is that your home and you can read while you're in there and you can rest while you're in there.

And so many blind patients that I know that can afford that therapy, they find for cognitive, improvement, that's an amazing oxygen therapy is an amazing therapy.

And also, I love the stack that you talked about about nitric oxide and oxygen. That combination, I think is really amazing because if you can get more oxygen in your blood, that's going to be an effective therapy against combating Lyme and building and supporting your own natural immune system.

Yeah. And the best way to get your blood to hold on to oxygen is by the transition gas, nitric oxide. So if you supplement with nitric oxide and you give yourself some ozone or hyperbaric.

So that's the marriage right there. You're elevating your blood oxygenation level and you're helping your body and you're hurting the the that or creating I want to say you're hurting the enemy, but it's not really that you're actually creating a better balance in your body and your microbiome in all these, the harmony of all the organisms that are going on that somehow got out of whack, that starts to come back into, into sort of, I guess homeostasis in a way, or harmony, like.

Absolutely. So, you know, when you mentioned about can you get when we talked about can you get, you know, limes y and or any of the confections from your animal transmitted that way?

You answered very succinctly, like you didn't even think about it. No, you can't. But I'm always wondering about carriers, like how you get it because.

Because anything basically, like we talk about vector, but anything blood borne. I'm always wondering, how about a mosquito? If a mosquito was carrying the the bacteria and bit somebody and then came over that had it and then came over and bit me?

There's there's a transfer of fluids. Is it possible? And I think it rolls back to what you talked about, about inflammation and toxicity and just supporting your immune system.

Because in my view, people have Epstein-Barr, they've got pneumonia, they have streptococcus, they've got, all these different organisms in them. So it's really about the imbalance when there's either the suppression of your immune system or, you know, some reason there, there becomes that overgrowth of one side.

And then that's the opportunity for the, you know, antagonist to really take it, take advantage. Right. Absolutely. You know, the first step in my healing program, because I have a six step program and I hope everybody takes advantage and downloads the program because it's really awesome.

The first step is stop polluting the body. Now that sounds simple, but one you have to look at food. Are you eating a species appropriate diet? And the species appropriate diet would not include processed foods, high fructose corn sirup.

And for our pets, they weren't eating kibble and they weren't eating canned food that was loaded with all kinds of hormones, chemicals, and pesticides.

So we have to look at food number one and then water number two, most of the water that people are drinking today is dead water. And it's loaded with all kinds of hormones, chemicals, pesticides, heavy metals, glyphosate.

And if they are drinking better water themselves, they're not thinking about that when they put that water down for their pet. And so often people go, oh, I didn't think about that.

Right. But they're thinking about it for themselves. And pass water from your refrigerator is not structured water. So you need to get some great system.

I love the one that you have when I travel, because now I have a way to take something with me and still have structured water. Now I will give you a little bio hack for you guys who don't have structured water in your house.

You can take some organic fruits or vegetables and put them into your water, and the water that's in that organic fruit and vegetable will actually share its structured water with the water around it.

So that's a good little hack. But you also want to drink water that is highly filtered, that has minerals, that's living water. And that's so, so important because we're made up of 70% water as is our pets.

So this is echo. Everybody say hello. And so that would be you know number two is make sure that the water that you're drinking and showering in and cooking in is a very high quality water.

The next theory we talk about is the environment. Wait wait wait wait wait, let me start. Let me stop you for one second. Okay? The, it's really interesting you flipped it because generally speaking, people will spend $1 billion on their pets to give them all the best foods to do all that stuff.

The best water, the best everything. And meanwhile, they're like, running off to McDonald's or just like, not that there's anything wrong with McDonald's there is.

They're they're just. But I'm not I'm not coming from a place of judgment here. The point I'm making is they, they, they it's like they their brain gets like, almost like there's, you know, no cohesion between the left and the right side.

They'll treat their pets with loving care, but yet they don't think about the same things for themselves, which makes no sense to me. You went the other way that I'm drinking bad water, and now I'm going to feed my pet that bad water.

Which really makes sense, because now you're treating your pet the same way. When when you don't realize that that water really affects the pet, the food that you're giving, they're not designed to eat, let's say high processed food that people eat, which we're not designed for anyway.

But but certainly for a pet that's used to, like you said earlier, they keep they would kill a fresh, prey in the wild. And they eat it right away, you know, like there's there's a whole natural process that we seem to forget about because we're so intellectual or we're so domesticated, you know, so, so.

Well, let me clarify, because you brought up a great point. People will do things for their pets that they won't do for themselves. Absolute. The only reason why pet owners feed processed foods or feed tap water is because no one's told them any different, right?

So it's really just out of lack of education. I find the two areas that people fail in the most. Number one is education. You know, you know what you know and you don't know what you don't know.

We pride ourselves on making sure that we educate people so that they at least can make an educated decision. The second problem, if you will, is implementation.

So I have a three hour online consultation that people can purchase. It is incredible amount of information and when they get done, I always do a 15 minute Q&A with them, make sure they don't have any questions, but the real value is I help them with implementation.

So number one is lack of knowledge. And the number two is getting so much information that you're overwhelmed and you don't know where to start. So you don't do anything.

You just continue with what. Yeah, yeah. It's just a deer. Deer frozen in the headlight. Yeah. You know that that covers so many areas. Like even when you're not feeling well, but you don't know what it is, and then you try to go on the internet and you kind of zoom around with the symptoms or whatever approach that you're looking for, and then bam, you're just like pages and pages.

And then it's just like you get overwhelmed with information. Yeah, that's really one of the kind of rudimentary reasons for why we're putting on this whole program for the month of May is to bring people on, like you really talented all stars that have experienced Lyme in their practice or in their lives, and can share with all of us the little tips that that you and the steps that you went through in order for you to find out what the challenge was.

Get on board, understand what are the good things in the bad things that you need to adjust in your current life so that you can move back towards that optimal health place?

Again, we all want to be there, but it's almost like our bodies have lost the GPS and we were just out of whack. We don't know how to, we don't know our way home.

And that's why stuff like things that you talk about are so important. Well, what what's I think the main problem is that we've gotten so far away from understanding the body's biology.

So I'll give you an example. We all know vitamin D is critically important. And I had somebody say to me today, but my dog is out in the sun all the time.

How could he be vitamin D deficient? Well, vitamin D in a herbivore and grass eating animal, they synthesize vitamin D from sunlight. So if you're eating a cow or any other animal that has been in a feedlot hasn't really seen sunshine, that animal is going to be vitamin D deficient because they don't have the ability to process vitamin D and make it in their tissue because they haven't been in sunlight.

An omnivore, you and I, we can do both. We can synthesize vitamin D from the sun. We can also absorb vitamin D from our food source. A carnivore can only get their vitamin D from their food source.

So if they're eating an animal that is vitamin D deficient by the description we just described, then they're going to be vitamin D deficient. They have no other way of getting it.

So that's just one example of how it's so important to understand the biology of these biological systems. And be able to look at our lifestyle. Are we supporting or are we hurting those biological processes.

And for the most part, we have become a very nonsense, attainable lifestyle. You know, I was going through the list of things in our home environment.

So many people use toxic cleaners and they use toxic candle oils and air fresheners that are all full of pollutants. And, and, the byproducts of the petroleum industry.

And they don't realize that not only are they being exposed to it, but so are their pets, laundry detergents. They're washing their clothes in these, you know, estrogen, these estrogen mimicking compounds, their pets, though they may not be wearing clothing.

They're jumping on your lap. They're laying on your bed. So they are absorbing all those things then EMF right. Are we are we overexposing ourselves to electromagnetic frequencies, routers, smart homes, 5G now and these poor animals, they were never designed to be within that.

And we're talking for people that leave their routers on. We're talking 24 seven. They're never away from it. Right now. My cat is laying right now next to my computer, but I'm hard wired, so he's not getting the degree of EMF that he would have if I was on WiFi.

So I remember years ago when we were building this house, we spent, oh my gosh, so much money going Wi-Fi because at the time that was the cool thing, right?

You can get internet upstairs and downstairs and on your phone and all this cellular was the big rage. No one appreciate it how damaging that was going to be.

So now I made all that money again to go back to being hardwired, right? Right, right. Well, we always knew you were hardwired, but now we really know that you're talking about computers.

Well, there's one before we get done with the pollution part, if I may. And that's the ants that live in our brain. And the ants are the automatic negative thoughts.

Your animals don't have them. We do as the humans. And when you are in a state of high stress, a lot of negative, not a lot of negativity, and you are angry, frustrated, bitter, shame, whatever that low vibrating emotion is, the animals are in training to those emotions.

It's almost like they say, hey, I'll take some of that burden off of you so you can feel better. And for any pet owner, they know what I'm talking about.

You're really sad and you're all stressed out, and who comes over and lays on your lap or puts their head underneath your hand so you can pet them. And even unconsciously, we start to pet our animals and we start to feel better.

The world isn't quite as bad as it was a moment ago, and so they entrain to those energies. They actually absorb some of that heaviness so that we can lighten up.

And that's not to say that we're doing anything harmful to them. It's just that's the nature. We could be around positive people and it raises us up. We can be around energy vampires and they suck the whole living life out of you, right?

We've all experienced that. And well, it's it's super important that people start to pay attention to what their thoughts are. And I have my my clients write it down.

When something out comes out of your mouth, that's a negative word or it's self-limiting or it's, something that just puts yourself down. Pay attention to that, because words are very powerful, and that is expressing a thought that you have about yourself.

Even if you think you're kidding, you're not kidding. And you want to change that. You want to reprogram those beliefs to be those empowering beliefs.

Yeah, that's it's so important what you just said and that whole emotional piece in the total healing process, you really can't get completely well unless you manage on the emotional side.

And it's that it's that quiet talk, the the noise and the chatter that's in your brain, or it could be and I and I often see this when we're coaching and at third stage that you're around, you're surrounded in your family by people that are sort of toxic and always, you know, negative.

And you're trying to get yourself up and inspired and they're just kind of beating you up with whatever, you know. And so now we're living you dial that up even more because of the restrictions with Covid and the experience and the fears that everybody's having these days, it really does create kind of a, a perfect storm for it, for negative behavior or to perpetuate, create a chronic ailment.

And so it's extra hard. And for that reason, we're extra passionate and patient with people, with understanding people's needs these days. I really love I love the you know, I always kind of looked at it kind of in a different way about how my animal would come over and comfort me, or how mostly, I guess, internalizing it, saying, I feel so much better when my when Jasmine will come over and hang out with me because she's, she's probably feeling my anxiety from the day and she just wants to share her love with me, which is what I'm taking selfishly, not realizing I'm giving her some of my negative energy, but it does.

It definitely does feel better, and it's that unconditional love that it just keeps going on and on. That's amazing. Yeah, we covered so much today, in our presentation, Marley and I don't even know if there's anything more about other things that are important, like EMF and, you know, managing exogenous frequencies.

Like you say, our bodies aren't ready for our toxic environment, but people don't think that that is smog or electric exogenous frequencies, EMF, RF, all these frequencies, those are all not natural either.

And biologically, as animals, the whole planet is trying to get a reset or readjust to these new wavelengths. 5G7 I've heard some of the military are using ten g already, so it's, it affects us as an organism on the most primal level, and we don't really know.

We may not know for 20 or 30 years. You know how what this all means. But we do know that you can do things to try to get centered, like touching the earth, getting grounded, using a lot of technology that you mentioned already are all ways to reconnect back to nature.

And, and I think that that's so important for for true healing. Well, one of the easiest ways to connect back to nature is grow something in the ground or in a pot.

And it's so simple. But when you go out into your yard or into a raised bed or into a pot, whatever you have, wherever you are, when you're growing something from the earth, there's a connection and and a communication that truly you can't describe in any other way.

We were meant to be connected like that. So, you know, I have a food forest around my house, literally as a food forest. Now I'm in the city just like most normal people, and I had to put a fence around my property because we had people complaining.

But you can go out in my yard at any time of the year and eat in my yard, so I'm out often. You know, at the end of the day, if I get home before dark, I walk out and I, I literally touch my plants and I thank them.

Gratitude. Oh my gosh. You know, here we are just missing some of the most important things in our life. And they're free and they're right in front of us.

But if you get distracted by all of the negative things, then you're not able to focus on what the positives are. And I promise you, no matter what you're experiencing, no matter how bad it seems, if you can find one blessing in all of that, that will be your salvation and you focus on that blessing.

You know, it’s not fun to be sick. Absolutely not. And I’m not minimizing the pain and the anguish and the frustration and all the things that go along with that.

But I think everything really happens for a reason, and it gives us an opportunity to experience something in a way that we can grow from it, that we can heal from it, and we can share and help other people heal from it.

At the end of the day, everything is going to be transmuted back into love. And what if we could start doing that on the planet before we transition? If we can start transmuting any dark energy and finding the blessings and finding the light in it, it would be amazing.

Yeah, great. Wow. So inspirational Marley. And again, thank you so much for sharing your day and your time and your wisdom. Yeah, I, I love this and I love your approach and thank you so much for spending some time with us today.

I know how precious time is for you. Doctor Marlene Siegel. You’re amazing. You’re a superstar. Thank you for joining the Lyme, show that we’re putting on this this whole symposium.

You’re you really are a great contribution. And, thank you again. Have an awesome day. Bye, everybody. Hey, everybody, it’s Robbie. Best nerd. Thanks so much for joining us today.

Please share this content with anyone that you think might benefit from it. And we’re looking forward to having you with us tomorrow for another great interview.