Avoid the Overwhelm: The Simple Way To Start Healing Today Transcript

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Summit Wrap-Up and Appreciation

Hi. I can't believe we're at the last day. And, doctor Sharon Stills, you probably know that by now. I'm your co-host. And I just wanted to come and kind of wrap things up for you.

Just let you know how much it meant for you to be here and that I know. I trust that you got a lot of. Even if you just got one thing that can change your life.

That is a huge win. But I bet you got more than one. There were so many amazing interviews, so many amazing opportunities to incorporate different modalities, different things into your life.

And I just want you to know that, you know, I hope you take good notes. Or maybe you purchase the summit, so it's part of your library and you can go back, but do you if you do good doing one thing at a time.

So there's a Japanese word called kaizen. And some people do very well with Kaizen implementation. And so it means doing things slowly. Right. So you're intrigued and you want to get your hormones checked out.

So you type doctor stills.com distills.com. And you check out my website. Yeah. I like what she has to say. I like the vibe but I don't know if I'm ready to dive in.

So you take advantage of my test plus consult or fire and you do a 24 hour. What. Urine testing.

Kaizen and Taking Small Steps

Do a 45 minute zoom consult with me and you find out the truth about your hormones, whether what your brain is working or what you need or what's not working.

And then you get a report from me and you read the report, and then you go, all right, I'm going to move forward. I'm going to fly to Scottsdale and establish Karen, be my patient or I'm going to advocate.

I'm going to take this knowledge, and I'm going to talk to the doctor in my hometown who been working with me, and I'm going to demand that they take better care of me armed with this knowledge.

And so we do things step by step by step. So each time we take a step forward, we get new neural connections that say, go, girl, you got this. And that's what's important to feel good about ourselves.

I just recently led a group five day water fasting mimicking diet. You saw that? I interviewed, Doctor Anton and Doctor Shu and every day at the end, when I didn't cheat and I didn't fall off, and I did the tea, I did it to the tea.

I was like, feeling good, right? Because what was my option to do it? To do what's hard, or to eat something extra and then beat myself up and feel like garbage and ruin the whole thing.

And so we have these options to implement, but implement in the way that works for you, right? I have patients who come to me and they're like, I'm in all kind of in gal.

I want all the tests, I want all the things. I'm doing it all now. And that's how they make change. And like, more power to you. If that's you. A lot of us are like, let me think about it.

Let me meditate on it. Let me stew on it.

Testing, Consults, and Personalized Care

Let me do a little bit. Let me feel good about that. And that's okay. So just find the way that works for you. And do you. Because there's a lot you heard, there's a lot you learned.

And maybe some of the amazing things you learned you will implement, but it won't be for six months from now or a year from now. And that's okay too. The idea is just to keep moving forward.

And so I just want to kind of wrap up because maybe you're feeling overwhelmed. Maybe you don't know where to start. So if that's what's going on for you.

Talk to your doctor. Tell them what you learned. See what works for you. Find a new doctor. If you're not happy with your doctor, get the information.

You've learned a lot here and we're going to keep learning. The nice thing is, welcome to my community where I do educational webinars and send you emails and let you know where I'm speaking and all the things like we're buds now.

And I take that as a very sacred relationship. So my goal is whether you end up being a patient or you don't. My goal is just to be a source of education, knowledge, inspiration for you on your journey.

I have learned a lot over the last 23 years, and I'm just I'm just getting started again. And like I said in the beginning, we've got a brand new clinic opening up.

It's going to be ginormous. We're going to have a everything you can think of from diagnostics to therapeutics. It's going to be a place to come play and heal and get cutting edge treatments.

Whole-Body Health and Root Causes

With myself and my son, the other doctor, stills, Doctor Ben and I just want you to know that the time you spent here at the summit has been valuable, and there's a lot more value coming your way.

And so get your sex hormones checked, get your adrenals checked, get your thyroid checked. We didn't even talk about your blood sugar. Wearing a CGM can be one of the most profound things you do.

Because roller coaster blood sugar means roller coaster emotions. So balancing your blood sugar, getting the toxins out. If you have neurotoxins that are irritate ING you and making you agitated, looking at your heavy metals, looking at your gut microbiome, looking at your extracellular matrix, making sure your fascia is unrestricted and your lymph is flowing, your teeth, your teeth having your mercury properly removed, getting root canals out if you have them in, making sure you don't put root canals in if you need implants, making sure there's ceramics, draconian, not titanium, having a cone beam CT home beam scan done to make sure you don't have a cavitation.

Cavitation in the wisdom teeth are one of the most popular places for cavitation. What is a cavitation? It's an infection in the jaw bone where a teeth where a tooth was improperly extracted.

And guess what? The wisdom teeth are related to? They lie on the meridian of the small intestine and the heart. And so I see a huge correlation with the anxiety with bipolar disorder when there's issues with the wisdom teeth.

So you're like, what the wisdom teeth? My teeth. So yes, there's a lot tried to give you as much as we can here during this week, but there's much, much more.

And so the hipbone truly is connected to the knee bone.

Closing Blessing and Farewell

Everything going on in you has a reason, has an underlying cause. And when you find it, you can find balance and

happiness. And so I just want to leave you with.

Just a great big acknowledgment and acknowledgment to you that even though you're suffering, you showed up, you showed up for yourself. You came to learn to see what you could do to help yourself.

And if you're not suffering, but you just wanted to be preventative, then big acknowledgment to you too, because prevention truly is the best medicine.

And so learning about these things where maybe you came because you have a loved one who's suffering and you want to you want to advocate and be there for them.

So whatever your reason for being here at the summit with us this week, I just want to acknowledge you. I know we're all busy. I know there is so much noise out on the great wide internet, and the fact that you choose to turn to the fact that you chose to tune in here and listen to what we had to say, means a lot.

It took a lot of time, energy, and love to put this together for you, and I hope that it served you. I hope that will stay connected, and I look forward to seeing you in whatever way our paths may cross again.

Sending you all the love. May you, may you know. Peace may be safe. May you be healthy, may be calm. And may you reach your health goals to feel your best and enjoy.