Coherence Medicine, Circadian Biology And Menopause Transcript

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Introduction and guest welcome

Hello. Welcome back to Mastering the Menopause. Transition your minutes phase transition 4.0. We're at it again for another year. But all new talks. I've got some fan favorites that I've brought back like Doctor Catherine Clinton, but always, always a new conversation.

And we're going to look at menopause through the lens of quantum biology, which if you don't know what that is, you're going to find out. And Doctor Catherine is it's one of my favorite people.

She's a dear friend and colleague, and she's just the glow in the smile, you see, that's who she is in and out. And she's brilliant. And we're going to have a, you know, we always have really great talks.

So this is like you're going to learn, you're going to learn a new perspective, and you're also going to have some good girlfriend time. So you can't be bad.

So get a blankie, get your tea, get your notebook. Because we're going to cover we're going to cover it all in the next 30 minutes. We are going to blow your mind, drop the mic and also warm your heart.

So Doctor Clinton is also a natural Catholic physician. And, if you don't follow her on Instagram, you should because she's she's just prolific there.

And I've watched you grow it. I've grown it from zero to. How many hundred. How many followers do you have now? Like, close to 190,000. Yeah, 200,000.

So and so obviously what she's saying is interesting. So we're very fortunate to have her here all to ourselves for the next little half hour. So welcome. You know how much I adore you.

And if there's anything you want to tell about yourself, you know, your background or how you got into this? I mean, I guess you know how, you know, you didn't start out in quantum biology and this viewpoint, and so maybe that would be.

And what is it for those who don't know as well, I think would be. Yeah, absolutely. Well, I am so excited to be here. I love any chance I get to talk with you.

So I'm just excited to be here. We have to do summit to hang it up. We're so busy. Yes. So worth it. Right? So worth it.

What quantum biology means

You're right. A lot of people haven't heard about quantum biology. And really, it's this marriage of biology and quantum physics. It is looking at life, the smallest building blocks of life, the flow of electrons, protons, photon of light, vibrations from sound, and how they influence really the smallest pieces of our body, our DNA, our mitochondria, our our tubules within our fascia.

And it is really looking at the smallest pieces. And once you get to that level, once you kind of reduce it down, you see this beautiful inner connection and you see that we don't really end the barriers of our skin.

We're intimately connected with the world around us, with the rising and setting of the sun, with the ground beneath our feet, with the changing seasons and the life cycles that we all go through.

So I'm really excited to be able to talk about menopause, because that's one of the biggest transitions that we have

as women. And there's so many misconceptions and so much doom and gloom around what is such a glorious transition.

And we love menopause around here. And it is, you know, it's, it's it is a transition, right? It's not a disease process. You know, it drives me bananas when I have to like ICD ten code.

Someone for menopause. But it shouldn't have an ICD ten code. And it's just a it's a transition. And we have been made to fear it and think aging is the end.

And this is going to be, you know, the beginning of the end. And I talk about this a lot and I want to hear your perspective. But just how we've just been conditioned to think that by our, our past generations who maybe weren't that connected to the sun and the moon and the ground, and so showed us a different version of aging, not such a great version.

And it's up to us now like to change that version. Like, I interviewed Doctor Lindsey Berkson, last night and she is 77 going on three. You know, she said, you know, I interviewed her.

I was like 930 her night, you know, after she had just lectured to like 90 pharmacies and like, and she just looks and acts and her brain is sharp. And I was like, you are like, you know, like I'm 57.

So I think I'm rocking the 50s, but I'm like, you are what I'm talking about. Like, you're 77 and you're. And that's what's possible for all of us. She's, you know, nothing special.

It's not like she was gifted this like, miraculous, you know? So I love that. So now I want to hear, you know, your quantum perspective on what this transition is and what it means and how you look at it.

Because to me, quantum biology is it's just so poetic, you know, it's really like art to me. Yeah, I agree, I think it's a profound return to a relationship with the world around us and the world inside of us.

And I absolutely agree, especially this last generation. The lessons they gave us about aging are not necessarily the ones that we should be taking on and passing on, right?

This idea of the esteemed elder, right? These grandmas that are going out, you know, you look at some of the footage from Blue Zones and you've got these nannies that are going out and they are gardening and they are picking food for their lunch, and they are cooking and cleaning and walking and joyful.

They talk about the joys in their life and the community around them that they have. And it's this fabric, this tapestry of joy and interaction and relationship.

And I think that's what we're really missing in this transition that a lot of people see as, okay, well, now you're done, right? Like you have done your reproductive years.

The children are older. If you have children, and now you're just kind of on this steady decline, right? There's not a lot of acknowledgment about the wisdom and the second phase of life.

And let's be honest, I mean, this is really going to be the second half of our life, right? This isn't the last little bit. This is the second chapter.

And what does that second chapter, I mean, we're one of the few mammals that has this second chapter. And the reason, I think, is because we are meant to be these stewards of those relationships.

Menopause as a powerful life transition

We are supposed to point the younger generations back. We're supposed to point the young mothers to the rising sun, or to the ground, to the garden, to the seasons.

We're supposed to hold hands with the grandchildren and show them these relationships and really cement them in this tapestry of life. And so for me, that's what I really think about with menopause, is that we're entering into this stage of life where we are now the stewards, we are the the leaders, and we need to step into that role and step into that power because it is such a powerful transition.

Yes yes, yes. More please. Because, because it really you know when I think about I always talk about like the natives and the wise crone and you know having crone ceremony because we don't celebrate this and it really is something to be celebrated like here I am, I'm, I, I just rock the first half and, and there is something and I don't know if there's a quantum explanation, but there really is something as you get older and maybe it's because your hormones are not, you know, zigzagging and roller coaster stirring, but there's really something I mean, I feel it in myself.

I hear patients say it, you know, where you just feel like I don't need the drama anymore. I'm not interested in the drama. I feel more settled. I feel more stable.

I really understand, like, what the important things are now. Yeah. So much. Yeah. I drum it out on and wasted, you know, precious, precious energy is like.

It's just not important anymore. You kind of look back and go, oh, that. You know, that's that was a little silly. Yeah, absolutely. And you know, you're talking about these ancient indigenous cultures and their respect for the crone, the elder.

And they also had a very deep reverence for that space and life, that silence. I mean, what is a sage? A sage is someone that goes out and forges a relationship in silence with whatever it might be a mountain, a stream, or whatever it is that they are forging that relationship with.

And that's what this second half of our life offers us. It is a beautiful invitation that there is now this space. We are not caught up in that drama.

We have space, we have silence, and we have an invitation, a door open to a greater sense of perception. We can talk about ESP or telepathy or intuition.

We have a greater doorway open for us during this part of life. And I think that's part of our role is to sense into that, to lean into that and use it as a guide and pass that on to the younger generations that are I mean, we have a massive dopamine situation with our younger generations, right?

Where they are spending hours upon hours each day chasing dopamine, scrolling for more dopamine. And in this part of life, just as you mentioned, we know we don't have that.

We were just not interested in the drama. It doesn't hold that same effect on us. And that's really an invitation to cultivate this relationship with our inner knowing and use that to guide those that look up to us.

Gosh, there's a few ways I can take this. So I guess first what would you recommend for the women listening to like is are there any practices to cultivate the intuition, the knowing the, the connection to the morphogenetic field or to the client?

Or like I truly believe and have experience. Like when we tap into that, we can create and experience anything.

Intuition, coherence, and the bodyu2019s energy fields

It's just that we we I right, we get in our own way and we make it harder than it is. So what would you recommend? Yeah. You know, I think that when we're talking about some of the pillars of quantum biology health, I talk about light, I talk about water, I talk about sound, I talk about fields of frequency, whether that's electrical fields, magnetic, electromagnetic, scalar, all these fields of energy coherence in the body.

And I think all of those things are cultivating that intuition. Intuition. And I think that, you know, one of the two most powerful ones are that water body within us.

Right? I think a lot of people don't realize that water is so much more than the glass of water that we drink, or the hydration is so much more than drinking water.

When water comes up to the surface of our cells, the surface of our tissues, our fascia, it takes on a different organization and this is the work of Professor Gerald Pollack, that as water comes up to a hydrophilic surface or a water loving surface, it doesn't repel the water away.

The water is able to come right up to the surface, and when it does, something amazing happens. It changes structure and organization. It takes on a negative electrical charge and as it starts to build.

And he also, Professor Pollack and his team out of the University of Washington, they were the first to discover this different phase of water. And they found that it was infrared energy that builds it.

And as it builds this negatively charged bound water that gets kind of stuck to that cell surface or that tissue surface as it builds, it kicks out a positively charged proton or hydrogen and creates this separation of charge.

And what they did, they put an electrode in the negatively charged, easy water exclusion zone, water liquid crystal water, negatively charged water, and one in that positively charged water that forms right outside of that and that separation of charge, just like a separation of charge in a nine volt battery, was enough to light an LED light bulb.

And so we start to see the body as this energetic beam, and we start to see that aging isn't necessarily, a matter of years and numbers. It's a matter of charge, it's a matter of electricity.

And so when we can cultivate and build that water battery within us, that negative electrical charge within us, then not only do we see greater health, greater longevity, research has associated this with a healthy cell, a diminished easy liquid crystal water zone around a cell with a cancerous cell, a pathological cell, dysfunctional cell.

But it also, I believe, is that bridge for frequency information, for intuition, for this knowing that we're talking about. And I think maybe the next question is, well, how do we build it?

Right. And yeah, and I think staying hydrated is is one of the best ways. Right. We want that. Yeah. As you drink your water right there and you are. Yeah absolutely.

So you know filtered water has a little bit of adding some kind of mineral content so it could get inside of us structure in it in some form and structuring it.

You know, it's such a misnomer because there's so many marketing trends right now. But structured water just means more coherent, more energized. You can put it out in the sun.

Tea is more energized because of the interaction with the plants and the water. The water that you were just drinking from a glass jar has that ability to structure, because it comes right up to the glass, that hydrophilic surface, and can start to build that form of water, stirring our water, especially with a metal stir or an malina wand that can start to add these coherent domains.

And that's a whole nother rabbit hole. But it basically it's just giving more energy content to the water. So getting a good source of water is foundational.

And then what builds that they found infrared energy. And what's the biggest source of infrared energy. The sun. Yeah, the sun and and any time the sun is up, even I know you're, in Arizona and you're blessed with some amazing sunny weather.

I'm here in Oregon, and half the year the sun is behind the clouds. I mean, we know it's daytime because it's lighter

gray, but we don't see the sun for months.

But even when it's that weather, we are completely enveloped in infrared energy any time the sun is up. So just going outside?

Water, sunlight, and building the bodyu2019s battery

No matter the weather, will help us cultivate this water inside of us, which is, I really think, the most important piece, because when we're talking about how light interacts with the body, how sound interacts with the body, how electromagnetic fields interact, it's all really happening on the backdrop of the water within our body.

Yeah. I was just saying to Dylan, my son, who runs my practice, like because when I get a break between patients I go to my chaise lounge in the sun. It's like my happy place and I recharge and I get some sun and I lie there and, you know, we're he's asking me questions from patients and where we're answering, but I'm getting my son.

And I said, gosh, you know, we were moving into our new clinic and in the fall and I'm like, I need a Sunday like I. And so it is like it's medicine to me.

And we have like a greenbelt behind our building that I'm going to have to, like go down the stairs and walk all around. I'm gonna have to like, they're gonna have to build like a doctor hammock or something that can stay there because it's such good medicine.

And if I'm given the option of, like, you know, I can take a vitamin or you're going to go lie in the sun, I'm going to the sun. Yeah. Yeah, absolutely.

And the research supports that as well. Right. Especially in perimenopause and menopause because as we age, as we go through that transition, we become much more sensitive to that rhythm of the sun and the effects of the sun.

And so what we see in the literature, we know that going out in that morning sun sets up the entire cascade, right? It tells our body as the sun starts to rise.

It's rich in red and infrared energy. It helps build that water battery within us. It tells our nervous system we're safe. It's okay. You are safe. You can heal, you can repair.

And then as the sun starts to climb about ten degrees to 30 degrees above the horizon, it sets up all these biological cascades our sex hormones, our neurotransmitters, our metabolic health, our ability to handle, sugars in the body and glucose.

Our ability to burn fat with lipoproteins in the body are, inflammatory state. So, so many things. Right? Our mood, our inflammation, our hormones are metabolic state.

All of these are being driven by that rising blue and ultraviolet light that happens as the sun rises in the morning. And all these biological cascades happen.

As that light enters the eye, it hits that thin cell in the back of the eye, the retina. And there's all these sensors there, these Mellanox and sensors that pick up on that light information.

They turn it into an electrical signal that goes into the brain and then is transmitted to almost every single cell in the body. Almost every single cell has a circadian clock.

And we know that menopausal women are much more sensitive to this. It's almost like the call to return to that rhythm of the sun, that rising and setting of the sun, the light hours and the darkness.

Right? Blocking that artificial light at night, moving to something like this salt lamp that isn't that really bright blue

light that tells our body, okay, it's noon.

Keep going, keep going. Because there's so many things that happen in those dark hours that allow for that biological cascade to happen in the morning.

And I think that as menopausal women, we have to understand that we are more sensitive to that, that nature is literally calling us back into this relation shift.

It is time for you to come back. It is time for you to rise with the sun. It is time for you, like Doctor Stills to get out and get natural breaks of sunlight throughout the day, and then lower the lights at night as well.

Yeah, it's it's really such good and important medicine. And what would you say. Because, you know, we've been I mean we've been fed a lot of incorrect information, but like we've been taught to be like afraid of the sun, like what you're read at and you're lying in the sun.

Aren't you worried? And so could could you, could you speak about bad? Yeah, absolutely. And I think that there's some nuance. You know, I think that we're very good at the black and white, the yes no, the all or nothing.

And we can get sun damage, our skin can get sun damage, it can cause aging. And really, for my, my concern there is that it damages the collagen, and that collagen is lined with that water.

And, it's such a beautiful communication network throughout the body. And so, yes, we can get sun damage, but we can cultivate a lifestyle where that's not as possible.

Right. So when I see anytime really, the sun is here in the Pacific Northwest, even if it's, you know, 40 degrees outside, I'm out there with as much skin showing.

My husband makes fun of me. Because it's just time to cultivate that melanin any time the sun is up. Even if I can't get that UVB that, allows for that conversion of vitamin D, that's what most people talk about as the benefit of the sun.

While our skin is really the biggest endocrine organ of the body, it's the biggest hormone player. And that's not what we are traditionally taught in school or how most medical professionals think of it.

But our body, our skin, in conjunction with the sun, is creating all those hormones that I talked about happening with our retina.

Sun exposure, safety, and circadian rhythm

And so I like to cultivate that tolerance to the sun in the spring, in the winter sun, even if I can't make vitamin D, I can build my melanin content and my tolerance to be out in the sun.

That said, I am also a fair skinned lady and I can't spend hours and hours out in the sun without damage. So I go and I soak up the sun and then before I get a sunburn or skin damage, I, put on my son hat.

I sit under brella or I sit mostly under trees, right? And I get that shade. I'm still totally surrounded by all the medicine of that full spectrum light, but I don't have the skin damage.

So I think that it's important for us to understand that you can have the best of both worlds. You don't have to have skin damage, but we have been sold this idea that that no amount of sun is safe.

And that's not true. Sun can be damaging, but no sun can be really, really damaging for our health. I think I read a study a few years ago about it being, equaled to a lifetime of smoking.

It's just really has a big impact. And of course, right. We just heard of all of these things that happen when we go

out in the sun. And so I think just approaching it with some consciousness and there's there are apps out there that you can download for free that tell you, okay, at this location with this kind of, skin type and this much skin showing, how long do I have in the sun before I get damage?

But you can also just cultivate that knowing, right? Like, okay, my skin feels a certain way. I know that if I stay in the sun much longer, I'm going to get a sunburn.

It's all about this relationship that we could and should be cultivating. Exactly. Yeah, right. Yeah. I'm not laying in the sun all day long, right? But anything I do, I think it circles back to into it.

Like we just went to the lazy river pool. It was. We're filming this now, you know, it was Memorial Day, and I'm out with the babies, and, you know, I can just feel it, okay?

It's, you know, it's a well, it's gotta go back to the cabana for a little while. You know, I think I need some shade, right? Like, I got banner. So we have the shade.

So it is, it's like anything in life, right? Like too little or too much is not good. You know, we always talk about, like, Goldilocks, like, just. Right.

And and cultivating that intuition, like, where, you know, where you don't always have to rely on what your trackable or your wearable color is telling you.

You know what I wear inner ring, you know, and I take it with a grain of salt, but, you know, like the other day I woke up and I was like, ready for the day.

And then I looked at my aura ring and it was like, you're you're you don't feel good. You're you're alone day. And I was like, Ruth. I was like, you know, for a second it like my aura and got in my head and I'm like, ooh.

But then I'm like, no, wait, I feel great. And so, like, tuning into your self. And I think that's like the thread that's been weaving through this, like as you are stepping into this stage and you are an elder and you are wiser, like embracing that and trusting like the more you get coherent and resonant and connected to water and sun, the clearer you can hear what's meant for you.

Absolutely, absolutely, absolutely. And I think it's it's many different layers of physical layer, like building that physical health. Absolutely. But also that emotional health that your aura ring might not pick up on.

Right. And then that that mental health or that intuitive and spiritual knowing. I think those, these things that we're talking about really hit all those different layers and are so vital for menopausal women Perimenopausal women to understand, because this is our time to really lean into that power.

And so I, I love talking about this. I'm so glad that you do what you do and empower women through this transition. Well, I, lean in with you. And unfortunately that that went like quick, just like, you know, life goes quick and it's such a gift.

And so leaning in and slowing down and connecting, you know, connecting back to nature to the earth is to me, it's such a powerful, powerful medicine.

And it's funny when you mentioned silence before, when I, I guess I don't know if it was this morning or yesterday, but I think I'm going to interview Catherine, and I thought you know, so often we're giving our power to the outside, you know, what's that?

Silence, duality, and where to learn more

What's that magic supplement, you know, what's the what's the magic vitamin that's going to make me quantum Lee connected or, you know, and and we're chasing these things instead of leaning into what's around us to having

a circadian aware lifestyle in the sun and the things that we're talking about.

And I thought, you know, the power and you mentioned it before, like silence. And I thought that maybe I'll just interview Catherine and we'll just sit in silence for half hour.

And and those of you listening, you're probably like, would that like, how crazy would that drive you? But or how many of you like, can lean in and understand the power of silence and what a gift it is to give ourselves 30 minutes of just breathing and being and connecting to the inside and not needing to grab and grab.

You know, I, I, I realized the power of silence, right? And I used to have really bad FOMO, and I don't have FOMO anymore because I really, like, embrace and trust.

Like, what's meant for me is going to find me, whether it's information or a person or whatever. And when you can settle into that, it just kind of lets you exhale.

Yeah. Oh, absolutely. Absolutely. And you know, we've been talking about the power of light and how important it is. It is. But there's power and darkness. Right.

And we talked about, you know, limiting that light at night. But the same thing goes with sound. Sound can be incredibly health supporting. It can do so many incredible things.

But silence offers this completely different. Space where we cultivate a knowing, a deep knowing with ourselves and with the energies around us. And I think that that duality in both things, just like the duality that we face as women with this reproductive of years and these monthly cycles, and then moving into a stage in our life where we might be invited into cycling with the moon over a monthly cycle.

Right. And leaning into that, it's just, incredibly important for us to embrace these dualities and embrace the light and the darkness, the sound and the silence.

The yin and the yang. So where can the ladies I mean, I mentioned Instagram, but where is that? Where we should tell everyone to go hang out with you?

Or what else are you up to share, share, share so they can learn more from you? Yeah, absolutely. I'm just Doctor Catherine Clinton, so that's the name of my website, Insta gram, YouTube, Facebook.

Last year I started the Quantum Biology Health Institute, and we have a research arm that we are doing research right now. We're doing research on heart coherence and mitochondria.

So that's a fun place to keep your eye on. And I just love sharing this information. I have lots of free resources on my website and I this is all I talk about.

So come, come join me in the conversation. And I've been so you know, a lot of people are listening and want to learn, which just makes me so happy that you know that you're getting this message out there.

So go follow her. Go learn with her. You will you will not be disappointed. You will, you know, start to invite this beauty and this resonance and this connection into your life.

And it can only serve you well. Like, no, no bad, only good can come from it. So? So my mom and she has her own summit coming up. So this is airing in July and she has a summit coming up in October.

So keep your eyes get on her mailing list. And her and I are going to hop off this zoom and go on hers. And she's going to interview me now for her son.

And so keep their eyes open for that. And so I'm just sending you all so much love and light and silence and wisdom and, you know, just a giant exhale to kind of take this all in and know this is such a good foundation from

where you do build your healthy diet, your supplement plan or whatever that you know you're going to do as well for your physical body.

But if you do it from this foundation, everything works better. Absolutely. Absolutely. Thank you all for watching. And thank you, my dear, for doing the work you do.

You're amazing and I love you. I love you too. Bye everyone.