Day 7 Welcome and Summit Recap

– Hello and welcome to the last day of our summit Day 7. You are clearly committed to your health because you have put in a herculean effort to listen to all of these recordings. I guess what?

I'm still Dr. Wendie Trubow. This is Dr. Edward Levitan, my co-host and our commitment still is that you feel freaking amazing. – So this is the last day. – W My heart is like, – And we have some amazing speakers coming up and really want to make sure you leave with kind of this is our conclusion, our Swan Song, but it's really just the beginning because let's just do a quick summary, right? So first there are chemicals, there are toxins in this world.

We've messed up our world, there's heavy metals, there's mold toxins, there's environmental toxins. People are getting autoimmune disease, right? Well, they're linked, they are linked, – W There are 100% linked autoimmune disease, chronic diseases, degenerative diseases, multiple sclerosis, celiac disease, rheumatoid arthritis, type one and two diabetes, heart disease. – You name it anything.

Toxins, Autoimmune Disease, and Environmental Damage

So the world is, is not so great and – And we're reliant on plastics – E And relying on plastics have messed up our oceans and we messed up our earth and we have autoimmune disease, rampant and obesity, rampant and etcetera.

And we're going to leave you there. No, hard. – No. And yet there's hope. We believe that there's hope. – E Well, there's not only hope. There's a huge amount of hope because tips and tricks and tools all running together because all the things that all our amazing summit speakers talked about.

We've talked about. This is not the end, This is just the beginning together. We really can help clean up the earth, the oceans and – W It's not a car ride, it's not a lift ride. It's a journey.

Truly because I've been in this journey. I mean, it's been personal, deeply personal for me for four years and I'm still in it every day I do my detox and every day I move my body and every day I train my brain.

So it's a journey. It's a process. It's definitely not a onesie or a one and done, but there's 100% hope and we're in this game with you. – Yeah, I mean, we see it every day.

Not, not that there's like hope like it's an imaginary thing. We see it, we do it, people get better. – Yes.

Hope, Healing, and the Detox Journey

– And you can get better. And that's really the message that we want to have to leave you with is you not only can, you should get better and you're, you should be feeling better. Decade, over decade, not worse, decade, over decade. – W Yeah, we 100% reject the idea that you're meant to get worse and worse every decade and die in your bed without a brain, without your body decrepit of mind and soul. We say you're meant to be vital, vibrant, healthy, able and interested in intimacy until you're at least 100 and then every, I don't know, I don't say that you say that and that every decade gets better than the one before. So what do you do next?

What's a girl to do? Right. So first of all, we're here for you, subscribe to our channels were all about detox. We're all about resolving chronic disease and feeling freaking amazing.

– Like our, our commitment is to bring value every day. So we worked really hard to bring value to every single day, every person, whatever we can do – W 7 days and 40 speakers later. We know what it's like to have gone to a course and say, oh my gosh, I missed a whole bunch of it.

This is why we say listen to the recordings again because it's not possible to get everything from every speaker at every time.

How to Keep Learning After the Summit

This is the reason to have them at your beck and call. So that when you have that right? And you have those moments, you can say I'm gonna listen to that one again because I know I missed. So a few things you need to listen to your favorite speakers. – I want to add to that because I'm already like, we're a few days out. We're recording throughout the time and I want to be going back because I've gotten a batch out and I'm like, what was that you said? Or what was that He said?

– What were the ideal levels? What are we looking for here? – So, it's definitely really important to keep just getting value from that. It's really important. – And then in a few weeks, we'll be putting out a post summit webinar that's gonna give you tips and tricks to take it to the next level because we are all about continuous transformation, iteration and improvement. So we'll be putting out the information to you shortly about that so that you can keep, keep playing together.

Really. – Again, it's all about value and how can we contribute? How can we help you get better? It helps – Us better. How can we help you feel? Freaking amazing. – Feel freaking amazing.

Let's start with better. And then we get to freaking amazing.

Closing Remarks and Next Steps

But and it's really like, how can we serve you just to be clear, being of service is altruistic because um or quite the opposite self serving because if you feel better, the world is better, you take care of the world and everybody is on a better place.

– It's definitely circular. – So this is not just an altruistic thing we're doing. We're really want to create a network that actually is helping each other and therefore serving the earth and serving everybody. So, – And we're not done today, by the way, this is just the intro for today.

We still have amazing speakers today who are going to talk all about more things related to health, autoimmune disease, micotoxic disease, chronic illness, the thyroid, the poor little thyroid, I just have to say the poor thyroid, the importance of water, all of these things come into your daily house. So stay tuned because we're still in it to win it today. This is day 7.

We had a really hard time placing speech for our event because everyone was amazing. So day 7 is not the end of day seven is just like day one. – And again, with our post summit, we just keep bringing value and really keep, keep moving it forward. – So we're here for you, reach out to us for any questions, concerns or ideas and we will hope to keep iterating with you shortly. Stay well and feel freaking amazing.

– Thank you much.