Discover How Your Vagus Nerve Can Improve Gut Health Transcript

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Introduction to IBD, Vagus Nerve, and Toxic Load

Welcome to the Reversing Chronic Crohn's and Colitis Summit. I'm your co-host, dR. Christine Schaffner. And today I'm with a dear friend and colleague, dR. Stephanie Canestraro And we're going to be talking about the connection between IBD and the vagus nerve, as well as inflammatory conditions that are triggered by toxicant and different stealth pathogens.

So welcome, Dr. Canestraro It's an honor to have you on the summit. Yeah, it's an honor to be on here. I just love getting all of this information out to everyone who wants to hear it.

Yeah. Now, I think we've just made such a a leap in progress with education since I've been practicing 15 years ago. The things that we're able to share.

And, you know, my whole goal is to show people's time from, you know, suffering to diagnosis to treatment. And I think some things like these really contribute to that. So, you have a personal story and, many people know you, but for those who are new, to your work and your personal journey, I think one of the things that I've noticed in the, healing space that some people in our community put us on a pedestal, like, oh, they must have everything figured out when we're actually.

I often say we're teaching what we want to learn, and often that we have a personal story that really, you know, fuels our passion and dedication to this work.

So, yeah, whatever you want to share, especially relating to people have these chronic inflammatory conditions that are mystery illnesses. Yeah. I mean I the big thing for me, it all started off with my gut and I was it took me years to be diagnosed with celiac disease.

Right. Which is inflammatory. It's in your small intestine though.

Personal Healing Journey with Celiac and Lyme

And maybe the trigger for that is gluten. But you know just like colitis and Crohn's there's always like a trigger or a perfect storm. Right. Or toxic load.

So for years I suffered I was at the point of bowel incontinence like I it was terrible. And you know, I, I figure it out through so much trial and error, which now this is what we try to get out to you and and then and then even like very humbling was I got sick again in 2021.

So it figured out. I thought my whole gut was healed, right? Even I could handle gluten. Now. And for those of you that don't know, celiac disease is, you know, an autoimmune to your small intestine like the microvilli are flattened, but it's the trigger is gluten for that specific thing.

But now that I've cleared my gut of parasites and lowered my toxic load, I accidentally ate a whole pizza that was gluten and I didn't have any attacks. Right.

So that's the healing that is possible. And again I was to the point of bowel incontinence. I had the same symptoms that people that are diagnosed with Crohn's and colitis have. Right?

I had I had blood in my school, but it was more occult because it was coming from the small intestine, whereas, you know, or with colitis because it affects the lower half of the bowel.

Those people usually have like red blood that is noticeable in their stool. but the same kind of damage happens just

in different parts and with different triggers.

So that's what we're always trying to figure out. And then I was humbled when I got Lyme and realized, wow, I had this trigger of Lyme in 2021. But I figured out and my gut was affected again, and I figured out I had chronic Lyme all of these years.

Like it took me that to figure it out, right? So so it's very humbling. But also like the learning that has occurred from me, going through this myself, not only in 2010 when I didn't know barely anything about bio regulatory medicine or functional medicine.

I was in chiropractic college, but no one really knew how to help me with all the symptoms I was having and even through childhood, like going to medical doctors and just being told you have irritable bowel syndrome and, you know, being like it was all just cumulative effects that if I had maybe been tested properly at a younger age when I had different flare ups, that all of this could have been avoided.

And that's what we're trying to avoid for people. Right? Like trying to just get like them. Some answers that actually make sense because at the end of the day, like when you're diagnosed with something, the treatment should make sense if they understand the cause. Yes.

Right. Yeah. Yeah. Stephanie you mean so many great points and I'm sure a lot of people who are listening can relate or the beginning of their journey.

They have a whole checklist of things to explore. They haven't and you made a really good point that I want to back up even before the celiac diagnosis.

But you mentioned you discovered your Lyme coinfection diagnosis in 2021, but you realize you probably, you know, this might have been the door opener to the whole kind of condition that you were struggling with.

You know, many of us, you know, talk about peeling back the layers and these chronic infections and, you know, there are multiple you know, there's parasites, there's fungi, there's viruses, there's Covid, there's and Lyme and co-infections.

And, you know, my training, out of school was around Lyme disease. You know, it's kind of what's the you know, stealth infection for that decade, right.

You know, there's. but I, I agree with you that I do feel Lyme is often that first kind of insult to the immune system that really weakens the body and opens the door to all of these layers, that you have to clear.

But at the root there's a line in co-infection diagnosis. What's your opinion of that? I, I'm just super curious. Yeah. I mean, I guess in almost everyone that I test, which is almost everyone for like the tick borne but all the stuff infections.

Right. Yeah. I'm sorry. That's another thing. You don't just get Lyme from ticks like we know now. Mosquitoes can carry. We know now. Maybe it can be passed from partner to partner in the semen.

We know it can be passed in utero. We know that you just may not have any idea that you got exposed to it. And then it went into a more chronic form or a hibernated form.

Right. So. And people get a rash, you know, it's very rare. People will get a rash. You know, that's very myth, you know, around them. Yeah. And you can have different risk factors that make it that it can get introduced to your bloodstream like a dry socket, which was something I had.

Yeah. Right. So so that's when you're, you know, you get a tooth extraction usually your wisdom teeth because they take everyone's out and you know, you lose that kind of scab or plug and the, the bacteria in your mouth, it creates like a vacuum in the bacteria in your mouth have access to, like, the nerve root and, and into your

bloodstream and crossing the blood brain barrier.

Stealth Infections, Autoimmunity, and Root Causes

So shortly after that, that like, things really got bad for me. But again, even early on, there were times when I was really sick without knowing why.

So now we do these tests and it's at a sheer interest anyone who can afford to do them because obviously they're not, the cheapest. But now they're starting to bring down the price because they're starting to be, you know, some competitiveness between labs.

But we're seeing there's like layered stealth infections too, like there's Lyme disease, there's either Bethesda or Bartonella or both. There's different viruses like CMV or EBV, like cytomegalovirus.

There's you know, we're seeing tons of like strep activated in people. So I think all of those things need to be addressed. And and then you take these layers off so that the immune system can regulate, because our body's never attacking itself for no reason.

Like I was also tentatively diagnosed with M. S. But I had acute neuroborreliosis That's Lyme in your brain. Right. So so my brain doesn't have lesions right now because why?

Because I took away the insults and my immune system was able to regulate. And that's the same thing that's happening in your gut. That happened in my brain and in my gut lining.

And Lyme doesn't just stay in the gut and neither do a lot of the stealth infection. So that's why people can have multiple autoimmune disorders, right?

And not to mention what they do to the liver, like stagnating the liver. When the liver isn't dumping bile, our microbiome changes, our gut becomes more inflamed and our immune system changes as well.

And so depending on maybe a genetic thing that you have or what's your weakest link, you can end up with all sort of colitis or Crohn's disease like depending on what what risk factor you have.

Right. But still the underlying root of it and what you have to lower is like the toxic load. And that includes, like I haven't mentioned, mold. You know, we have to bring down heavy metals like yeast can cause this.

So there has to be like an intelligent way of ruling. What's your biggest root cause? Lower those. And you know, and it's not always that simple because a lot of people have Crohn's and colitis or and maybe they've worked with someone and they've tried to kill this and kill that.

And that's where I think bio regulatory stuff comes in. And lymphatic stuff comes in because and fascial stuff comes in because the our body is so interconnected.

But no one really talks about that or can or not that there's just not a lot of research. People are just like myself and like yourself figuring out through trial and error. Right.

And so we're trying to get this stuff out there because, I mean, that's where the bio regulatory side comes in and modulating the immune system and maybe homeopathic and, you know, all of these other things that but sometimes it's just you treat that infection, you lower it and the people get better.

So you start there and then you work your way through everything. Right? Yeah. No, I love, you know, first of all, you just have an incredible story that you have overcome so much, which I hope gives a lot of people hope out there.

and, you know, we we know each other. And I think we've really met through the, our passion for bio regulatory

medicine. And, I couldn't agree more with you.

I mean, I feel like, you know, we have these systems and tissues that allow the body to regulate and respond and heal like the autonomic nervous system.

And the aphasia, I think is, you know, part of that and, probably even the mitochondria is part of that as well. And, we, we talk about scars and interference fields.

And you mentioned the wisdom teeth cavitation as an interference field. Do you, want to just kind of no one has talked about that yet. So do you want to just share your opinion of interference fields and how they relate to, these inflammatory conditions?

well, I think what I've realized through everything that I went through, it's like fluid mechanics and the way that that the fluids are moving through your body makes you healthy or unhealthy.

Yeah. So that means your your blood flow, your lymphatic flow. And that includes your fascia because they're so tightly related. And when you when you have an interference field or a scar or even like not even a scar that you can see, but there's scar tissue because of changes in the immune system, like, like these adhesions.

Right? You you lose flow and it creates like a dam, and it creates like a breeding ground almost. And energy can't flow through the body the way that it's meant to.

So, I mean, neural therapy was one of the things that helped me a lot. And that was like my first kind of introduction into bio regulatory medicine. and it was like this switch, honestly, for my autonomic nervous system, like, just like not only injecting the scars but the ganglia.

Right. So we get into the whole nervous system. So like the vagus nerve, you can inject the vagus nerve with different you know, a lot of people use propane or a lot of pain or you know, you can work on scars using castor oil in a laser or if you can't do neural therapy or like fascial tools, like, we do a lot of manual therapy on them or have people work on their own scars.

and the more that you can get that more malleable or change the energy flowing through there, then then the better you see people responding to things, especially those people who are really sensitive or they're non-responders.

Right. So there's different, different ways that people react when you're treating them based on, you know, based on multiple layers of things, even trauma.

And you mentioned autonomic nervous system. So they're, they vagal function like and I mean, if you go and you actually look at the people who are getting these autoimmune diseases, usually there are people who are more stressed, right?

Like or they have that more like type A personality. It's not like the really chill person that has the multiple autoimmune diseases, including myself.

Interference Fields, Scars, and Cavitations

So, so I mean, the fascia, the fascia, the lymph, the autonomic nervous system, which is like your rest and digest or your fight or flight, like they all kind of tie in together.

And that's the that's the thing that I see that's missed is that we compartmentalize. And it all just kind of brings it together. But yeah, those interference fields, they need to be cleared so that and people heal faster.

And cavitation when you have cavitation in your teeth or so that's when you get a tooth pulled. A little pocket still exists there where it's a breeding ground for infection.

Or if you have a root canal or other implants in your body, they all create interference fields, right? Like breast implants are huge. Any metals throughout your body, like, just changes the frequency in the field.

And not to say that your body can't adapt, because I think even our overreaching thing, and even for me, like, you know, I overcame all of these multiple issues and I still am not perfect.

I still have to get a root canal. right. So I'm going to because I know that I'm not going to be close to my tipping point where any of this can turn on again for me, but I've been able to work to like where I am almost at an optimal place without even addressing that yet.

But I will share a story right now about an interference field for me, because I think it highlights for me. Like I was feeling a lot better. And so I went to the person I was seeing for bio regulatory medicine that was doing the injections on me.

And we we muscle tested. So that's when you, you use someone's nervous system to see where is a good place to do an injection. And the cavitation in my right wisdom tooth, where I had the dry socket came up and he injected there, and the spino palatine came up and, you know, some drainage for my live.

I left there feeling great. And then the in the middle of the night, like my nervous system went crazy and I happened to have a dark field microscopy.

The next day. That's when they look at your blood under a microscope. There's live blood in dark field. It's similar, but different microscopes and, the guy who was looking at it who's very talented, he's like, how are you standing right now?

And I was like, why? He's like, my blood was just filled with metal. More than he's seen. There were biofilms, all of this stuff that got released from that one injection.

So my body just went purged and and, you know, I felt so bad for two days, but I knew why I felt electric. I was shocking stuff. My gut was off, like my liver felt sore and my kidneys felt sore.

But then I saw these gigantic biofilms in there, which your blood cells say this size, or, you know, a millimeter and say these were five millimeters, like they can't filter through your kidney.

Your kidney can filter the one blood cells. So it made sense to me why I had protein in my urine all of a sudden. And, you know, so when things start to make sense to me like that, like, okay, I felt that and I saw that and I can see that.

I mean, that was just even more like, okay, so now I know, what did I do up my binders to bind the heavy metal? Like, yeah, you know, and then what did I feel after my body cleared those heavy metals?

Like, I mean, I took leaps and bounds forward in my healing. So it's these things that click. And when you have IBD and you have Crohn's and colitis, like, let me tell you, you have interference fields, even if you can't see them, your fashion, your your lymph system changes even from an acute infection.

Right. So say it's like a stomach bug that you get. There's a severe change in the way the lymphatics and the fascia moves in your gut. And your gut is just filled with this mesentery.

So this like thick fascial layer that holds everything together. So you someone needs to work through those. You need to find like or treat yourself. And that's what I want to get out to people is like how to like loosen your own fascia lymph.

Yeah, yeah. Your, Stephanie is a chiropractor and a very skilled, body worker. And the, you know, athletes pay her, you know, to fly around the country to do this work. I mean, she's incredible.

And so her hands, feel this, real quick before we move on to interference fields, do you find the, the tonsils or the sinuses are a big part, especially when we look at the God.

Has that been your own experience with working with yourself and other people? My gosh, it was huge. Huge. I mean, that was the first thing for me is like, why isn't this chronic nasal infection going away?

Yeah. And I mean, you're you're it seeds your gut. Right. Like, so you're swallowing to the back of your nasopharynx. You're getting all of that. If your stomach acid isn't good, which it usually isn't when you're having gut symptoms, like you're not sterilizing these your tonsils.

I had tonsil stones like the whole nine yards. Yeah. So it starts your body showing you the lymphatic drainage. Like, even when your nose isn't draining properly, like your liver is probably not draining properly. So the body's always giving us clues.

And like, I wish that I had you know, really taken care of that. And I was trying, mind you, but it just not enough happened that I and this is the thing that I want to avoid for people is like, don't wait till you're that sick to, like, make these changes.

Like your body's giving you small whispers like, listen to the whisper before it screams. You know that whole analogy? Yeah. Huge. Yeah, yeah. Great points.

so why don't we talk about, the vagus nerve. So obviously you've done a lot of work on this. it's a huge part of the digestive function. obviously there's bidirectional communication between the body and the brain and the brain and the body.

what kind of tools or therapy is do you find are the most effective these days? When we're looking at the vagus nerve and, relationship to digestive health?

so first thing I'll say, your lymphatics, they all have to drain up at your collarbone, right. And and your vagus nerve is the most superficial kind of right above your collarbone.

You know, your thyroid sits there, your vagus nerve is over top. So when you have choke points in your lymphatics, which we're seeing in a lot of people, you've got, like an overflow or toxicity that even touches the vagus nerve.

So I'd say like for us, like getting lymph and fascia moving for people. And we're showing them how to do that. Like we can attach videos on to my email of ways that we're kind of clearing the fascia, self-care for around your neck to take the toxins away from, from the vagus nerve.

and that goes for even getting the gut moving a bit better. Like so I'll say, moving the physical toxins off of the most superficial part of the vagus nerve is super important.

and that also brings into it the vagal nerve stim, which we use a lot, which does pulse the muscle as well.

Vagus Nerve Support and Stimulation Tools

It's an electrical stim that you use over your, you can use it over different branches of the vagus nerve, and it's your stimulating the vagus nerve, like giving it that external electrical impulse.

But you're also, you're also moving electrically lymph and everything like that. So there's like probably multiple things. And, you know, all of the research for the vagus nerve and the, you know, connection to the gut or some of the findings they have is because they used to implant vagal stims surgically.

And they started seeing, oh, we can stop seizures. And we can reverse autoimmune disease. And then they started seeing one of those autoimmune diseases where inflammatory bowel diseases.

And so we know there's a huge gut brain connection. We know the vagus nerve is the structural connection. So it's cranial nerve ten. So we have 12 cranial nerve.

The vagus nerve comes off the brainstem innervates every organ except for the left descending part of the colon and the rectum. And those are taken over by spinal nerves S2 and S2 to us for.

So the vagus nerve is always collecting information from the gut. Right. So it's going to change. It's going to change the way your gut health is. It affects your liver.

It affects your cytochrome P450. That's your detox. Like it's so tightly regulated for IBD. Like if you're not doing something there's supplements that we use for the vagus nerve.

There's smells you can do for the vagus nerve. There's frequencies for the vagus nerve. There's like I said, the stim, there's the lymphatic drainage, there's overall lowering your toxic load from all the stuff we talked like using binders, making sure like supporting your liver, you know, making sure you're getting toxins out.

All of that supports your biggest nerve. Like, you know, and then treating these, these, stealth infections like they hijack your vagus nerve. They can live in your vagus nerve.

Like there's tons of evidence of that. So, I mean, I think, though, in the acute situations, like having, like, acute anxiety or even acute because for me, the reason I started stimming my own vagus nerve was because I felt like I was going to go to the washroom in my pants, like on a frickin flight.

And that's when I started, like tapping acupuncture points with a toothpick, right? That was my first vagal nerve stim because I do acupuncture as well.

And I started just tapping away at these lymphatic, I mean, at these acupuncture points, it's kind of like pseudo acupuncture. And I, was able to say it determines, and I was able to stop myself.

Like, my gut started relaxing. And so that was like an moment for me. And then I was like, wow, there are actually already these trans vagal. They had the only the ear ones at that point.

And then, you know, they started coming out with ones where you stimulate the neck. And that was, a game changer. So yeah, I think if used properly, those can be really powerful.

And there's multiple even like eye movements, face movements, different body work that, that we have seen help for vagal nerve and autonomic dysfunction a lot.

Yeah. No I, I love this I couldn't agree more about the vagus nerve infection toxicity component. I think that can be addressed when you're looking at different therapeutics for the vagus nerve.

do you have any vagus nerve stimulators that you feel like you could recommend to people? Do you like gamma or Trivago? It doesn't matter. You just whatever people can get their hands on.

So I mean, they all help. There's some that are more convenient and obviously true Vega more so than gamma or like gamma cause the original one really.

And then there's PulseAudio. Like there's, there's a bunch. But I do like the true Vega and I like the coolest. The coolest is, is like you don't need gel.

And that's why sometimes like for the athletes it's a little bit easier. Like it's it's tiny, it's convenient. but other than if you don't mind putting the gel on, like, you know, they're both similar and maybe the, gamma score in true Vegas, you can do stronger.

Where I don't think everyone necessarily needs that. And it depends like even what population that you're working

with. Like how but you can always start off low and kind of build up.

But they all, you know, have can have a really good benefit for people. And there and the price points aren't bad either. Yeah. Yeah definitely. And the have we can give a prescription for the gamma quarter for some people.

Oh wow. They can accept it. But not everyone stargazing cannot associate one of our great maybe Canadian our doctors who's helping a lot of people. but yeah, I'm so glad that there's more direct to consumer, you know, solutions that are happening as that's, but, you know, necessary.

just one other comment to pick your brain. Are there any vagus nerve supplements that you love? I, I personally love, Diana Driscoll's person plus. But I'm super curious what people use and what we can share to the audience.

Yeah. We use Pearson Plus a lot. But even like things like fast little colon. Like. We found such great results with. And what I find is some people, the people that can't handle the person.

Plus there's you know using like even like the prodrome products we see like that nourishes the vagus nerve. and like I said, a lot of topical stuff where it's more superficial, right.

So even like your, like lymph creams, like the, the GC, MAF, like helping those toxins away and take stuff in there like we see huge changes with that. So yeah, I think like as far as, like direct vagal nerve ones, I think she kind of has the market cornered.

Hey the the person plus. Yeah. Yeah. No, I think person plus is incredible. And if people are having like heart issues all sometimes recommend Tom Cowan stroke and this and then obviously we created the lymph flow cream to drain the cervical lymph nodes around the vagus and also to tag and clear infections and toxins.

So that's been a good topical route. But there's so many tools out there. And I'm just so glad that there is a lot of awareness to. And clearing your gut up from these infections will also improve your vagal tone.

Testing for Stealth Pathogens and Celiac

Yeah. And you know, one thing that I used and like I can't talk with too much experience about it because it was only my personal experience. And I maybe like one other person and they kind of hyper reacted to it.

But I used like some liposomal, like gamma oil on my on my vagus nerve. Yeah. And like it helped me a lot. And I would use it over a lymphedema. But it's just something that I think, like, you know, getting those like even antimicrobials into the fascia, like, can be really helpful.

Yeah. And that's a bio pure product that has Artemisia and I was in needed oils and yeah getting ozone topically you know plus there you know and and I think is that's such a great pearl.

you mentioned some tests that you use for finding the Tick-Borne infections and also diagnosing your celiac disease. You mind just sharing those real quick so people can jot that down and ask their doctor to run them.

Yeah. So I use fiber a lot. It's like very convenient for us Canadians because, you know, a lot of tests are here. Yeah. and I mean, and they're amazing.

So I, I don't want to sound like they're not amazing because. Yeah. No. Yeah, yeah, I get it, I get it. But, you know, there's a lot there's, there's, there's a few tests nowadays, but the vibrant the tick board 2.0 and I know and in July they're actually adding to their even more so they test like 2828 stealth pathogens right now.

And they're about to add more. So I know that's that's what we're using. as far as the stealth pathogens. And then if we find people locally that do like live blood.

So like just to kind of, you know, take a look overall because there's some people who can identify things like Lyme

and BGA. And although it's not diagnostic, it's good information.

Yeah. Yes. and and then the wheat Sumer is what I've been using. It's a pretty, you know, gives you a lot of different markers for or clues for not only not only celiac but, because, you know, the gold standard for diagnosing celiac is, is an endoscope.

And then, you know, you have to have the DNA and all this. And I don't think we really go by that. but yeah, you can see a lot of different components of your own, like antibodies for your own leaky gut, antibodies to multiple different things.

So it's really, really, really helpful test. So I like it a lot. Yeah. And different lectins as well. You can do like I mean so much is available now and that's what's great.

But yeah and it's gotten way more I feel like specific and sensitive and also affordable and just as you said, just more accessible too, which, that's been always the challenge for sure.

and a lot of this is clinical diagnosis. I mean, we have our labs, but ultimately, I know we both just treat our patients. And, you know, they were tied to the ad and or obviously biasing for them feeling better rather than, you know, having like the always before picture or like, especially, but, testing parasitic infections that can be, sometimes inconclusive or there's, negatives.

And so that's often a clinical, diagnosis. so yeah. So Stephanie, do you have any other, clinical pearls that you haven't shared that you want to share with the audience?

You've done an incredible job mapping. Like I just yeah. Yeah. I think I, I want to really emphasize because of how long I felt like it was missed for me, like working on the abdominal fascia and everything.

When you have these really chronic, problems with your, your gut and, like, moving the lymph away because, you know, we work with people with, with Crohn's and colitis as well and different like multiple layers of autoimmune.

And, you know, a lot of them had these like oozing lymph nodes. And we know when it gets to that like it is just so stark. Like you need to like move it away.

So getting one of the creams like like your Olympic cream, there's multiple other like, you know, homeopathic versions. And so anything like castor oil, like anything you can get your hands on and then start to get your hands on your own abdomen.

Your lymphatic drainage points are under collarbone, you know, and even draining your face to change your nervous system, like, and get the toxins away from your tonsil or nodes like, the better your draining, the less issues that you're going to have in all the systems in your body.

Right? And your gut is like a big place where things can get stuck. Is in the cisterna chyli Like right in in between the belly button in your sternum.

If you are stuck there or you feel like your your blood pulsing like, or you have like a really strong abdominal pulse like, I guarantee under there your lymphatics are stuck in there, just like screaming for help.

Lymphatic Drainage, Fascia, and Clinical Pearls

So, you know, finding someone near you. I mean, that's one thing I want to do is like create a directory, create a course, like to help people teach them how to move the lymph, not just like pumping it gently, but, you know, in a you you ought to get a little deeper way.

There's like this the you have to affect the fascia and like because I'll tell you, when things were stuck for me, they were stuck deep like I had to I had to get in there and I had to get other people to feel too, because you can't do it

all on yourself.

But you can do a lot. You can do a lot more than you're given credit for it just by feeling pushing on places where you feel tenderness until the tenderness resolves, moving on to the next place like, you know.

So that's what we're trying to teach, and we do have some videos and stuff on that, but we're going to dive into that way more because of how much it was like life changing for for me.

Yeah. And, and, you know, my career we have I training and draining not only the cisterna chyli and the lymph within the intestines, but behind, as you mentioned, the mesenteric like between the, the abdominal wall and the intestines, then getting the lymph to move around and lymph nodes too.

And, you know, I found that like, that's where people are the most stuck, castor oil and neural therapy and all the things that you mentioned. And please create or it's, you know, we need, we need you to create that.

Yeah. I'm, Working on it. Yeah. And now. Yeah, I got it, I bet. Well, this has been a pleasure, as always. And I just love, hearing how you practice and how we're very aligned in many, ways.

And I'm just so glad you could just share also your personal journey. I think it's just so important for people to see that you can get through this, no matter what you're going through.

Stephanie and I have both gone through our own personal healing journeys, and we're here to say that, you know, don't ever limit, what's possible. and, you know, practitioners like us exist and just keep shopping until you really find the person who's going to dig deep with you, because that's you need somebody who's going to facilitate and collaborate with you, and not just write you off for cash, like, you know, which, which happens.

So, and these times. So, Stephanie, where can people find you and where can they, tune into all the incredible work you're doing? Yeah. So we have a podcast.

What happens in Vagus? Vagus, I love it. That's great.

Where to Find Dr. Canestraro

Yeah. so you could always listen there. We're trying to interview great people like yourself. And, you know, keep getting the information out there. and I go into my story in some solo podcasts.

So if you relate with my story, then I talk about it more there, and I will continue to, you can, vagusconnect.com is our website and that's about to be updated and also on Instagram @vagusclinic or @dr.scanestraro which is my first initial last name.

yeah. And if you're just trying to get way more consistent on those platforms because I know it's really important people have shorter, shorter, attention spans now than ever.

So trying to condense the knowledge is been, like, challenging but also fulfilling. Yeah, yeah, I, I'm on the same page. I'm trying, you know, the two hour webinars.

How do you make a couple sound bites? But we can do it. We can. Yeah. Yeah. So. Oh well. So lovely to connect with you. And thank you so much for being part of the summit.

Thank you so much for having me. You know.