From Chaos To Coherence: The Power Of Quantum Biology Transcript

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Introduction and Guest Welcome

Hello, ladies. Welcome back to this during the Menopause Transition Summit 3.0. We're on our our third annual. We got it going on around here and I am you need to grab a cup of tea for this one.

Like you need to get cozy. You need to get a blankie, maybe sit outside, get your feet on the earth, light a candle because I have got the one and only doctor Catherine Clinton here with me and she is fantabulous.

We are going to talk about quantum biology, and if you don't know what that is, you're going to want to know and you're going to understand. By the time we're done having this conversation.

She has a a prolific presence on Instagram. So go follow her there. She's always talking about the mitochondria and light and sound and tending our terrain and all the things that are so near and dear to my heart.

She's also a naturopathy physician and she is just a joy. So let's get this conversation started. Welcome, Doctor Catherine to the to the side. Thank you so much for having me.

I absolutely love you. And I love the work that you're doing. And I'm just honored to be here talking with you today. All right, so we always have a little love fest when the two of us get together.

It's like, oh, I love you. But, you know, seriously, we were talking about this before we came live. And it's so important for oxytocin and just for women in general that we have community and that we support one another.

And we realize that, like your light shining doesn't dim my light, my light shining doesn't dim your light. It actually, the more light we shine, the more we shine.

And that it's great to have a community and have your crew, and especially at this age, that we really learn to be in circle, in, in coherence with the women in our lives.

And if we if we're going to talk about what coherence is, but if we if we don't have those women, like, now's the time to start really finding your tribe.

Yeah. Absolutely. Absolutely. It's all about relationships, right? Like we were talking about this before that the medicine is in the relationships. It's not this, abstract thing that you grab and you take and you extract and data the data that it's the relationships.

It's that energy of coherence. So before we talk about coherence, let's just you know I said you're going to talk about quantum biology. And that's not a term we hear so frequently.

I know you are working hard and doing an amazing job at changing that, where quantum biology is becoming something that is known. But how did you get into this?

What is it? Just tell us all you know. Absolutely. It is something new, right? It's a new emerging field and it's looking at the effects on a on the quantum level.

And what does that mean?

What Quantum Biology Means

It's looking at how light, how sound, how all of it nutrition, how coherence and frequency, how water, how all of these things impact our subatomic level.

Right? So all of our atoms in our body have electrons and protons. And there's this language of frequency that effects our bigger biology. Right. What we see on a lab report or on a symptom checklist or in a doctor's office, it seems to be starting in part with this sea of quantum biological action, with how the flow of electrons and protons, how photons of light photons from sound, how they impact our biology and give rise to what we see.

We've been taught that health and our body run on this chemical model, right? This idea that there's a chemical fix to a chemical product problem in the body, or this randomness right, of of the mechanical action, where we have a enzyme receptor and a key, and that key is floating around randomly until it finds its receptor to unlock.

And create biological action. Now we know that there seems to be this frequency language that guides that interaction. It's not random, of course. Right.

There's this invisible blueprint guiding it, and it's absolutely astonishing. So how how does that how do you see frequency and the quantum affecting women and their hormones.

And as they're transitioning through menopause and beyond. Absolutely. Well we can look at the really small pieces. Right. And I love to start with our mitochondria.

Right. Because our mitochondria when we're talking about transitioning into menopause, we're talking about diverse and hormones. We're talking about slowing down and transitioning from this to that.

But our mitochondria are so regenerative. They are so, so amazing. We think of them like we learned in primary school that you've got a cell with the nucleus that, directs the cell and gives the instruction, you've got all these little organelles.

And one of them is this jelly bean shaped mitochondria. Right. And it creates energy. Well, it does a lot of things besides that. It's acting as it's really social, right?

It creates chains of mitochondria to donate energy to other cells and tissues that need it. It acts as a receiver of energy and signals and then sends those signals out where they need to go.

It's really this hub of activity, this antenna for frequency information. This, emitter of energy where it needs to go. You know, I never learned in school that a mitochondria can go outside of the cell and travel around to get to a cell that needs it.

I mean, it's just absolutely incredible what our mitochondria can do. And when we look at on them biological interventions, how we can look at supporting our mitochondria through that transition into menopause is so important.

We know that any dip in mitochondrial function affects our energy states, affects our function, and wherever that mitochondria is, right. We're so used to thinking of like a cell, okay, cells in the body.

But those cells are in our lungs, in our cardiovascular, system, in our heart, in our brain. They're all over and that's what makes mitochondria so important, because when we support them, we support the overall health of that organ and our body.

And so when we're talking about supporting our mitochondria through, quantum biological lens, we're talking about how to feed that mitochondria frequency information that it needs to support our health and support whatever tissue and organ it's in.

And that can look like sound, that can look like light, that can look like nutrition, and that can look like frequency, that can look like coherence. So I want to kind of break down each of those.

So let's start with coherence first, because now we've said that word like 3 or 4 times and we haven't defined it. So let's let me have you define that for the ladies.

Mitochondria and Menopause Support

And then how do we how do we best get in to cohere friends and with ourselves and with our surroundings? Yeah, absolutely. That's that's a great place to start.

And coherence is the idea of two things or two or more things. A group working on the same page, working in the same frequency, using the same language.

Right. It's the idea of when you go into a piano shop and you strike the C key on one piano, all the other C keys will start to ring. Because they're working in coherence, they are resonant for that frequency, that pitch, that note of C, they pick it up as soon as it starts to play and they reverberate.

That is that group like the idea of two tuning forks, right? If you have two tuning forks set at the same frequency, the same hertz, you strike one, it plays a song, and that second one will pick up that song and start singing that note to same idea in our body, when our body is working in coherence.

And we see this, most often in the research around heart coherence with Heart Institute and others showing that when our heart and brain are in coherence and our heart has the biggest magnetic field in the body, it's really this coherence generator, right?

It's like this big, huge tuning fork that we can use to create this vibration that in trains all these other things in the body. And the beautiful thing about it is we are able to go this way or that.

We're very resilient, we're very resilient. So our brain can resonate with that vibration of fear and stress and panic, or it can resonate with that calm, with that sense of safety, with that sense of love and gratitude.

And our heart can really be the leader and conductor of that coherence. And it just acts as this ripple effect throughout the body. And so being in coherence can look like, you know, doing coherence exercises, heart coherence exercises.

But in general, I mean, we can get a lot more simple and say that coherence, getting in coherence is living in relationship with the world we evolved with.

Right. And if we're living a life where we're not tending to our emotions, where we're not having a relationship with the outside, with the seasons, with the transition that we're going through hormonally in, in whatever stage of life we're talking about.

And right now we're talking about menopause, right? But we're such cyclical beings that if we don't have a relationship with that rhythm, wherever it might be, then we're incoherent and and we can see examples of that in coherence in our body, in society.

Right. That incoherent thought process has led us to the greatest environmental, crisis we've ever had. So many different global disagreements and and wars and, violence.

Right. This incoherent thinking and relationship just adds chaos. And so it really comes down to finding that relationship with our own environment and living in coherence with it.

And modern life has done a great job of putting up all kinds of obstacles to make it harder or make it, You know, not the path isn't as clear as it once was, because modern life keeps us in these houses, keeps us in these boxes, keeps us in these labels, keeps us in these teams.

And it's really about tending to those relationships and building that coherence with the world around us. You just I hope you always make my mind kind of, because I was when you were saying coherence and chaos, it was making me think.

I do computerized regulation. Thermography scans on patients for 20 plus years now, which is away from Germany. You know, we think of it for breast health, but it's really so much more it's a way of measuring all the organs through the regulation of the autonomic nervous system.

And there's actually what you said, the word chaos. There's actually a chaos index that I look at in the thermography scan. And it's like if everything is coherent, the graph looks very organized, but if there's not coherence in the nervous system, then it looks it's all over the place and it's considered chaos.

And I'm like, oh, I'm doing coherence scans. Like I never thought of it that way until this very second. Like it really is looking at the coherence of the right of the regulation of the nervous system and how it relates to your organs.

Defining Coherence and Heart-Brain Alignment

Yeah. Oh, fascinating. Yeah. Okay. So I want to go back. Do you have, heart coherence exercise? Is there a quick and easy but effective one that you could share with the listeners right now?

What? Absolutely. I'd love to. I'd love to. All right. So wherever you are listening to this or watching this, like Doctor Stills already said, you're comfy.

You've got your blanket if you want to lie down, maybe put hello underneath your legs or or sit up nice and straight so that spine is aligned. I'm going to invite you just to close your eyes, and we're going to take some deep breaths in through our nose and out through our mouth.

Whatever rate is comfortable for you. But we're going to focus on making that exhale a little bit longer than our inhale. And as we breathe, we're going to take notice of any tension we might be feeling, any tension in our temples, in our, and just try to exhale that tension out.

Any tension in our neck and shoulders? Continuing to breathe. Letting that tension exhale. Letting it fall to the ground. Any tension we might be feeling in our chest, in our back, abdomen.

Springing or loving awareness to that exhale. Leave it down. Any tension in our pelvis and our hips. Any tension down our legs and our feet. Down our arms and our hands.

Letting them fall down to the ground. And as we continue to breathe, bringing that awareness to the heart and even place a hand upon our heart, bringing that grant into that heart center, that center the chest.

And in that breath, feel that area. And as we continue to breathe into that chest, into that heart center, we're going to think of a time when we felt joy, when we felt, when we felt gratitude or contentment.

It can be a memory. It can be a fantasy. It can be a goal or a daydream. Whatever it is. That brings you that sense. Gratitude. Joy. Going to think about that.

Breathe into that heart center. Now, instead of thinking in our mind, we're going to feel that we're going to bring that emotion into that heart center.

We're going to feel that gratitude, to feel that joy. Sense of peace. And with each inhale, we're going to let that feeling radiate out, filling that heart center.

Letting that feeling radiate. Expand through that heart center. Letting that expand down into our abdomen, up into our neck and our head flowing to our arms and legs radiating out.

Feel. Shining that feeling. Expanding the feeling. Radiating easily. And we're going to bring that awareness back to the heart center. Back to where we are laying down.

To where we're sitting and on your own time. Go ahead and open your eyes. Join us here again. And that is

coherence. And like. Oh, right. I'm interviewing her.

I gotta come back. I'm so glad we did that. I think that we can talk about coherence. We can talk about things. I was like a giant megaphone, like I, I am more coherent now than I was five minutes ago or however long.

Guided Heart Coherence Practice

And so, ladies, we need to be making the time and taking the time, understanding that the time we take to do practices like that reverberate out and they actually give us more time and more space in our life because we're more in tune and we can we can be and flow with ease.

It it changes your physical structure, emotional structure, your spiritual structure. And of course, Doctor Catherine has like this beautiful voice and like, oh, I just want to listen to her.

So drift off to bed every night because her your voice is, you know, your voice is coherent, right? It's it's very lulling, but that I, I always think that we as a society, we're.

So give us the knowledge, give us the words, give us the information and and we we think it's a waste of time to do a practice or to breathe or meditate. But if you didn't do the practice, yes, I'm shaking my finger at you, you know, rewind and do it and really do it with your all and know that you're worth taking that time to breathe and connect to your heart.

I mean, I feel like I'm pretty heart center, but just doing that practice, I felt like my heart turned into like one of those big, like, bullhorns, megaphones.

And I was like, you know, just projecting out. And it was so, so beautiful. So thank you so much for that. So a lot of people absolutely, I love doing that exercise because it's not just like we get to feel what coherence feels like and I think like you said, we're always talking words.

We're always talking this. We've got our to do list and our checklist. But the idea that energy guides love, the idea that our mind can shape energy is just absolutely life changing.

It's a really follow that path. If we really understand and commit to the power that's there and realize that we're talking about actual biological function being changed by these energy fields, and and there's tons of research we can talk about with electromagnetic fields and cells communicating with Emfs and emfs, guiding cell behavior and, and differentI and Tatian and, you know, migration and, and all of these different things.

But when we feel it, then we understand that, that we can change. Right? We didn't change who we are in those few minutes. We change that energy field.

And it's absolutely incredible to work on that level and work on our health from that level. And I just love talking about it. And I hope that the more we talk about it, the more people start using it and the more mainstream medicine starts adopting it.

Because this isn't new, this is how we've talked about health and medicine and transitioning into these years of, of of leadership, of wisdom for millennia.

Right? It's it's this flow of energy. I'm kind of I'm kind of all buzzy now. And I, I started when you were like, think about. And then you said, now feel it.

And I was already in the feeling it. I was like, I just jumped out because. And it really is true like that, you know, when we think about things like, even if you use affirmations, right, we have to feel it.

The universe doesn't really know whether it happened. It's going to happen, wants to happen. It's like when we feel it, we really cement it in. We make it, we make it real. So.

What about because now I just want to go, like drift off outside. But I want to ask you a few more question. To go lay in my yard now. But what about, you know, nature and and you know, when you say tend your terrain and nature heals and what are some, you know, tips you can give to the women just about connecting and being with your terrain and nature and what that means to you.

Yeah, absolutely. I think it comes back to that coherence. Right. Like being in coherence, working with the cycles and the intelligence that's in nature.

Right.

Nature, Circadian Rhythm, and Tending the Terrain

So when we go, when we put our bare feet on the earth or we touch a tree, we discharge this positive charge that accumulates from our modern day life, from our indoor living, from our screen time, from our Wi-Fi.

We can charge that and give it back to the Earth. And what the Earth does is it gives us this negative charge, these electrons that are able to flow and help maintain that negative charge in the body, which is foundational to our health.

Whatever we're talking about, whatever organ system, that negative charge is so important. So having a relationship, a coherence with the actual dirt beneath our feet, having a relationship with the rising and setting of the sun.

Right. We have these circadian clock synergy things that are triggered by the rising and setting of the sun. And so when we're in coherence with that, so many different biological functions work better.

Our hormonal states, our inflammatory state, our immune system, our mood, our neurological function, our cardiovascular function, all of these are initiated and follow a circadian rhythm.

And when we're incoherent with that, when we're living out of rhythm, we start to work against those systems and symptoms start to arise. Right. Same thing for the seasons, right?

When we go outside in the summer and we take a walk and we're sweating, we are boosting that mitochondrial function. We're boosting that energy. We're detoxing.

We're increasing that infrared energy and helping our fashion. I mean, so many different things. And then in the winter, when we go outside and it's cold and we let our body know that it's cold, and I'm not talking about frostbite or anything crazy, right?

I'm talking about being a normal human and going outside for a walk in the winter, exposing some of our skin to that cold. So we know that it's cold. So our body knows that it's cold.

That increases the amount of mitochondria inside of us. It cuz our our brown fat, our adipose tissue to start burning energy. Right. Like incredible. What a walk in the winter or summer or spring or fall because it holds the seasonal information as well.

So for me it's really about being coherent with the world around us because modern life is really incoherent to how we evolved. Right on. No bright solar noon in the middle of the night from our artificial lights and and just living away from these relationships, we evolved with.

So tending to our terrain to me means, you know, taking care of ourselves, trying to have that coherence, tending to ourselves, but also coming in alignment in relationship with the world around us, with nature, with our seasons, all of those things beautiful.

And I guess my last I mean, I want to keep talking, but. Well, let's do it. We we'd like to do Instagram lives. We'll

have to do one of those. But, just what would you say to the woman who is listening, who maybe hasn't yet?

Because I think the the it the aging process, we're using this word cohere. And it's something you need to get in coherence with because it can be challenging to.

You know, I had this moment before my my daughter in law sent me a picture of my granddaughters who, you know, are like the the lights of my world. And the older one is now like over four.

And she sent me a picture of her holding the one and a half year old. She just looks so old. She's like so grown up. And I thought, oh my God, my grandbaby is like, she's not a baby anymore.

She's a little girl now. And then my younger son, who now runs my office for me, I like had that thought in my bedroom. And then he was in my kitchen working. And then I walked out.

And then I saw my younger son, who's going to be 33, in June, and I thought, wait, but my baby's like 33. And I just had this moment of like, but this is life and this is the aging process, and this is the gift and the beauty of, of of growing older and seeing other generations and having these long term relationships.

And it just it made me weepy, but in a joyful way. And so I think if you're not incoherence, you could easily look at that and oh my God, I'm getting, you know, you can you can take it to a detrimental.

So I'd love to hear what you would like to share about the aging process and how you think about that. Yeah, absolutely. And I think that sometimes when we talk about coherence, it's like we did that exercise and it was like love and gratitude and and what happens when we don't feel those things, right.

Like, are we bad or are we incoherent and chaos know that we're human. We're meant to feel all those things. And when we make space for that, when we say like, I am oh, so familiar with that, oh, my baby's growing old, right?

Aging, Emotion, and Embracing Transition

I've got a 14 and a ten year old and it's like, oh, and then if I make space for that, if I try to push that down, it becomes sort of a a festering, low level kind of worry or, or tinge to my day.

If I make space for that and I'm like, okay, feel it, feel that they are in a baby anymore, feel that they're getting old. Feel that that sorrow, feel that physical, like, oh, get back in my womb.

I, you know, stop time. If I, if I make space for that that flows through me and I come back like you did to that sense of gratitude. Right. And I think that happens with aging.

There's a part of us that's like, this is a transition, and it marks this inevitable cycle of life. And to make room for that and experience all of those emotions allows us to come back to the beauty, to the gratitude for being able to be in this stage of life and to be able to rock the stage of life like no other generation has that in modern times, right?

Like we have the capacity now to be so much stronger and and so much more vibrant in these years. And so I would say with coherence, let those feelings come make space for them, because when they flow through us, all that's left is gratitude for an amazing time in our life.

Yes, yes, yes, I mean, it. Mindfulness is really being mindful and being present. And I, I'm always like all emotions lives matter, right? Like all emotions.

And we, we, we, we want to cherry pick and just have the happy ones. And even I always bring up the fact, even in Chinese medicine, like too much, even too much joy can cause an imbalance.

And so I recommend you all when you're done listening. Of course. Google Rumi, the guest house because it's a beautiful poem about inviting everyone in this.

Yeah, the sorrow, the envy. There's room for everyone. And so I love what you said, because I love you. So when I already said Instagram. So just Doctor Catherine Clinton on Instagram.

Anywhere else they should go to look for you and find you. I always find you on Instagram, so. But where else are you? Yeah, I am Doctor Catherine Clinton everywhere.

So that's my website. I don't get creative with it. I'm just Doctor Catherine Clinton. I've got lots of, free guides. I love giving out this information on social media Facebook, Instagram, YouTube.

I just I just want it out there and I want us to love ourselves and each other and and I love you. So thank you so much for having me on today. And my my honor and my pleasure.

Thank you for contributing and just being a part of this beautiful message. I'm working hard on a mission to convey to women so that we can, just like you said, we have.

I say this all the time, like we have this opportunity. We can be that new generation that changes the definition of aging, that change of the definition of menopause, but changes the definition and the experience of growing old.

So I am so glad you are all here with me and with Doctor Catherine and at the summit and being a part of that, because together we can actually do this, and it just enhances our own lives.

And when we enhance our own lives, we project that out and it changes the coherence of the globe. So I hope you go back and hit rewind and listen to that exercise as often as you possibly can.

Closing Remarks and Resources

So thank you for being here. Thank you, Doctor Catherine, and we'll see you back for another conversation. Bye. Thank you so much. For.