Heart Disease, Diabetes, and Quenching The Fire Within Transcript

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Introduction to the Summit and Dr. Beverly Yates

Hi there. You're watching the Restore Your Mitochondrial Matrix summit. I'm your host, Laura, from Ontario, and I'm bringing you experts with fresh ideas and proven methods to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is Doctor Beverly Yates. Hi, Beverly. Well, hey. How are you doing, Laura? So good. I'm so glad to have you here. You know me.

This is going to be a really special interview because you are a diabetes and heart disease expert, and you've been working with people for over 30 years.

And here's the fascinating thing about you. You use your systems engineering background as an MIT electrical engineer in combo with your naturopathic medicine skills to help people achieve and maintain blood sugar control and improve heart health.

So that's just fascinating to me that you have that background. Yeah, it's really putting all the pieces together. Yeah. So you decided to change careers at some point, right?

You just had to. Yeah, I had to keep working. All right. So you are a published author of Heart Health for Black Women and, that title, that book is a natural approach to healing and preventing heart disease.

And you've also coauthored multiple books, including one with the beloved Jack Canfield, The Soul of Success, volume two. That is such a cool, cool, cool thing.

All right. You created the Yates protocol for people who have type two diabetes or prediabetes, and your protocol helps them lower blood sugar, achieve healthy agency, and have more energy to live life the way they want to.

So this is the perfect interview because we're all about people loving and living a big life. So we can find you all over the media. You've been on ABC, CBS, NBC, PBS, NPR, Black News Channel, Fox, Sirius XM, Mind Body Green, Essence magazine, Good Housekeeping, Women's World, literally everywhere.

You there? Okay, so tell me a little bit before we get into the talk today, we're going to be talking about mitochondria, inflammation, heart disease, diabetes, restoration of mitochondrial function, optimizing your mitochondria.

But first real quick how did you get into this. Tell me a little bit about that. You know, how I got into all of this was through my own, health journey.

I had some odd health problems that we couldn't really connect the dots through with conventional medicine. It just wasn't helping. And it turns out to be sensitive to mold.

I didn't know that at the time. My husband, I had rented a house and it had mold, and we didn't know it. And, long story short, and I had these weird symptoms.

I wound up with an allergist who just wanted to shoot me up every week with these, allergy shots, and I. And I asked, what's in this stuff? You know, I can handle the big words.

Beverly Yates' Health Journey and Naturopathic Path

I have a science background. When? Well, no disclosure. And I was like, hold on. Now you're shooting me up with

stuff. I want to know what's going in.

Long story short, I was like, not happy about that. And at the time, my husband worked with a person who'd had wonderful experience with a naturopathic physician in Oregon who the work I saw with him was three visits and I was dramatically better.

I'm a results oriented person, I say do what works for you, for your health. I couldn't argue with the difference in my health, even though some of the things we were doing I didn't understand at all at the time, like say, homeopathy, which I'd never even heard of right?

So it was transformative. It got my attention. From there, I began wild crafting with herbalists in the Pacific Northwest and heard about naturopathic medical school.

I did some homework, went to check it out, and I knew I could learn there about the science and the medical stuff for the human body and physiology. All of the things the allergies, as I call them, along with nutrition and stress and supplements and herbs, homeopathy, exercise, manipulation, etc..

So I thought that was for me because it was a much more whole person, holistic, integrative approach to caring for health. And that's the difference it's made when a journey.

And you know, there is oftentimes this self-healing journey. Brings us to this space where we can then heal others when you're that over and over again on this summit.

Absolutely. It really it really position positions you in place of not just authority with your background, but also just really understanding and being able to empathize with people as they go through this.

Because you've lived it, right? Absolutely. It's personal. It is personal. Well, we're going to jump into some mitochondria energy topics today. And you have something that you call the fire within.

So what's the connection between mitochondria and that fire or inflammation. Why do you call it that. That's a great question. Thank you Laura. So I call it the Fire Within.

That's my name for inflammation. I think people aren't always clear about why inflammation is so important. You know, this current international health crisis has really underlined these issues with inflammation.

There's good inflammation and there's bad inflammation. So let me give a simple example a good kind of inflammation in the body. Something that you actually want to have happen is like if you get a paper cut, if you cut your finger, your body will respond hopefully and heal that up really quick.

It'll knit it up, you know, there'll be a little bit of clotting there. The skin will heal and it'll be all good. It'll be like the paper cut never happened.

That's a good inflammatory response. It's not out of control. It doesn't scar over and it doesn't leave you wide open and bleeding either. Right. It simply did the job. Okay.

That is functional inflammation. We're okay. We're all good with that. The fire within me flares refers to the kind of inflammation I can get out of control, whether it's with chemicals that we've heard about in the news, like cytokines, other kinds of inflammation where the body starts to go on the attack.

And if the attack isn't directed appropriately, like, let's say, to a, microbe that can hurt you or kill you and it starts to attack your joints. This is what shows up in rheumatoid arthritis.

If it attacks your blood vessels, which can show up with heart disease if it attacks your circulation. Broadly defined, which is the issue with diabetes.

This is when the fire is out of control. You know, you can literally think a little a fire engine trying to deal with things. And when it spirals out of control, this is where people get sick because the inflammation creates these big, I call them Velcro balls in the body, for instance, with diabetes.

Right. That high level of blood sugar because there's too much glucose going around in the blood. If someone has prediabetes, type two diabetes, not well controlled type one, what happens is that excess blood sugar attaches to the normal proteins in the blood.

I'm going to say that again to the normal proteins in your blood. Your blood has plenty of proteins. It should be there, but it shouldn't be. There's too much blood sugar.

If it does that, these Velcro balls that form now are sticky. They are inflammatory products and they can stick to the walls of your blood vessels, causing the heart attacks and strokes.

They can also make up other things just in terms of circulation. So it means your nutrients, your wonderful healthy foods and you break them down and digest them.

You don't get the benefit of the nutrients. They can't get in and through the cell wall. And the other side of that is detox products. Products of elimination can't get out of the cell, so the trash builds up inside the cell, and the goodness the clean stuff can't get in. It's like spring cleaning gone wrong.

Gone really wrong. I love how you Velcro balls the trash within. You know all of this. It's so easy to understand when you excel, right?

Inflammation as the Fire Within

So if you're going to talk about mitochondria and energy, you've got to talk about inflammation and the trash within. That's really foundational. So now link it up for our listeners.

What's the deal with mitochondria and inflammation. So you got these Velcro balls and you got traction cells. And what's happening to the mind. You've got a mess here okay.

Go inside the cell are all these organelles called mitochondria. Different kinds of cells in the body have a different concentration or number of mitochondria.

The winners by far in terms of density of mitochondria are your heart and your brain in that order. Your cardiac tissue, your heart. You know, it doesn't stop.

It's working all the time. It has periods of rest. I hope when you're sleeping, if you have calm moments in your day, if it stops, it's game over. So we want the heart to keep working.

It needs to have that constant steady energy. It just does. This is this is this is not an optional thing. You know, your brain is running the show. Again, we don't want that to stop either.

It's also a game over kind of organ. If it stops working right we're all done there. So it's not a surprise that those two, have the most density of my be the highest numbers in each and every one of their cells.

So if it's functioning well, your energy systems reside in that mitochondria and determine a lot about your energy and how you can live your life. They are critical and we have to love them and nourish them and support them and allow them to be able to do their job.

Otherwise things start to break and we will feel symptoms typically that come from that. This again, you've broken it down so simply and I love it. It is game over.

But these two organs aren't working. Makes sense that they have the most highest concentration of mitochondria.

So what I'm hearing you say is take care of these little guys.

So these vital organs keep working. So so you know, there's this connection between mitochondrial depletion and how it interacts with heart disease. You are a diabetes specialist.

Diabetes heart disease are like this right. So talk a little bit about that connection there. Sure sure. So with diabetes or with heart disease that fire within that inflammation is a big deal.

They both are driven by this. And you know some people will say this is a chicken and an egg problem. I counter it with this thought. Based on research, we know that more than 50%, that's more than half of the people who show up in the emergency room in Western medicine.

From the symptoms of a heart attack, have what is considered a healthy cholesterol profile in terms of the raw score of the amount of cholesterol in their blood is under 200.

Clearly, if it was just about cholesterol, that 50% or greater than 50% greater than half wouldn't be true. The actual conversation that would be far more helpful with the average person, certainly with anyone who is diagnosed with heart disease or with diabetes would be let's talk about inflammation that far within.

And what do we do to quench it? Because until we quench that inflammation, until we turn back that tide, throwing all kinds of pills at it is often not the solution.

It doesn't help people really heal and get better. And and they get a cascading of worsening symptoms. And unfortunately live a much, much less fulfilled, much less energetic life and often die prematurely and sometimes in horrible ways.

And if we were just more attentive to these foundation things around lifestyle, we could help people dramatically be healthier, live longer, live better, and it would have these cascading effects on their families.

You know, I mean, think about how many people lose relationships. They lose love relationships. They lose business relationships, all kinds of relationships because they don't feel well.

Yeah. You know, Beverly, I want to really highlight something that you just said because, you know, I spent 20 years working in the Western medicine world prescribing cholesterol drugs and looking at, you know, an algorithm of this is your blood sugar, your blood pressure, your cholesterol, and, you know, trying to prevent heart disease.

But what you just said was you absolutely can have inflammation and heart attacks when your cholesterol level is low to under 200. So this is an important because a lot of people are chasing a cholesterol number.

And it's not just about a cholesterol number. And what I've seen go wrong in the Western world is we give all these medications and this false sense of this is going to solve your problem.

How Inflammation Damages Mitochondria and Energy

You want to prevent a heart attack. Take these 4 or 5 drugs. Yeah. And and let's get your cholesterol below 200. So you have people say well look my cholesterol is below 200 I'm good.

So it's not necessarily true. I wish you right. Simple. Right. So focus a little bit with me on that lifestyle piece. Because really the magic aim preventing diabetes and heart attacks is not just in this chasing a cholesterol number and prescribing a drug.

The real magic is in the lifestyle piece. That's what you are so incredible at helping people with. So can you talk a little bit about that and how you help people with that and how that relates to supporting mitochondrial health?

Because at the end of the day, that's what we're doing is we're supporting mitochondria. I mean, people I think

don't understand why they're doing all this healthy stuff.

Yeah, that's a great point. I think sometimes people think if it's the Health and Wellness Club as opposed to, you know, they're actually going to be the beneficiary of it, right?

So I hope to be able to break it down. I love your question. You are doing such a great job of uncovering the pieces and looking at it from the point of view.

For someone who's unfamiliar with this right? So people here on this wonderful summit, make sure you take advantage of all this goodness that Laura's offering.

Your mitochondria are key. They're inside all of your cells. So we're talking about the entirety of your physical self. And I would argue also your spirit and your soul are involved in your energy world. Right.

So with these healthy choices, with nutrition, you find those, foods that are on the healthful food list who also agree with you. You know, if you're eating healthy foods that are full of, food sensitivity, we actually that's food intolerances for you that could spike your blood sugar.

That could also lead to increasing inflammation if you're having an adverse reaction to particular food, even though it's healthy. So if you know you don't feel well after you eat, cauliflower, or maybe you have blueberries and you have a blood sugar crash, you know, you feel exhausted.

Those are great clues. And now that you can do that testing or you can pay attention to what you're eating. So that's one idea. Nutrition is key here.

I always say it's the bullseye of our target. We have to eat well, just like the physical trainers world will tell you. You know you cannot exercise a bad diet, right?

Like it's true. You really do have to put good fuel into your body. Okay, so that's one. Sleep is a surprising element here. People often underappreciated in our culture.

How important sleep and rest are. They're not sexy, but they're necessary. And I would argue if you want to have a vibrant sex life, you need to sleep to be rested and be pleasant and not be a moody, difficult person.

Okay, we could put more names on that, but I think we all get the idea, right? Yes, sleep. It turns out if you don't get good sleep, if you have poor sleep, if you have sleep apnea, if you have difficulties with insomnia, you have other issues with sleep.

It raises your your score. You're fine with that and goes up. Your inflammatory index goes up and up. And there's different markers on lab tests that can be helpful to assess that from a clinical point of view.

But just know that if you are having sleep issues, you have got to find a way to solve that. Stress is another player here with inflammation. Stress is kind of like inflammation in the sense that you need to be able to respond to stress.

There's good stress. There's bad stress, there's good stress where you're happy and you're all hyped. It's usually not going to be something where you're constantly up.

Your body's probably putting out more cortisol and it's going to come down. It'll reset. Here's the key thing if you are chronically stressed, and it's the kind of stress where it's bad stress, you feel trapped, you feel really pulled and push.

There's just too much and overwhelm. You release a whole host of chemicals. In addition to cortisol, your blood sugar raises because it thinks you got to run away from that tiger, the bear.

You got to lift the car off the loved one. If there really was a loved one trapped under your car, that is a temporary, I would hope situation. You're going to be superhuman in that moment.

That's how you see you hear these stories in the news of a woman who's like, maybe 98 pounds soaking wet, lifts the car off of her kid. Right? That's how she could do it.

She was superwoman in that moment, and she had to be. But it's temporary. And the body calms down. Cortisol resets, your blood sugar calms down. All those things come down.

If you're chronically stressed, they don't come down. They go up and stay there. They're pinned. We were never designed to constantly be in that sympathetic nervous system.

Fight or flight, fight or flight stage. We just aren't. And Beverly, we are in that constant phase because we're not maybe lifting the car off of a loved one in a traumatic accident, but we're sitting in traffic, angry.

We're mad at our kids. Math teacher were angry at our coworker. Our husband put his socks on the floor next to the hamper. Again. And and I mean, the dog next door is barking, and you can't stand that neighbor who does x, Y, and Z, and that is what our life is now.

And it's the your body doesn't know any difference that cortisol level. Yeah. So what's that doing to your mitochondria and your blood sugar and your heart.

Tell us about that. Well with the connection between these things right. You get that raise in your blood sugar. Your heart's pumping faster. Your sympathetic I need to be a superhero.

Diabetes, Heart Disease, and the Limits of Cholesterol Focus

Nervous system is on high alert. You mitochondria now are kicked in the high gear. They feel like they got to provide the energy for all this action right?

Even if you like, say, superhero movies and you watch the how you notice those movies always have quiet moments. It is not nonstop action from beginning to end.

Even Hollywood recognizes you got to chill out. Okay, so you mitochondria, those energy pumps, they're fueling this. They're trying their best to meet that moment.

But if you keep tapping them at some point they're like, look, y'all know we're out. This is too much. And if you have a history where you had a lot of toxic chemical exposure and who hasn't, you know, if you've ever left your house, you have been exposed to something could be inside your house.

You're exposed to toxins depending on your awareness of that topic. Right. So you might have come Andrea can be struggling. You get them, it turns out, genetically from your mom.

So yay, mama. You know, if you got great mom country and you're the Energizer bunny, you lucked out on the genetic lottery, I know. Let's talk about that for a second.

I don't think people realize that we inherit, how our mitochondria work. Yeah, from our genetics. And also, there's that piece, and we'll have people on the summit talking about how your genetics are set in stone.

So even if you did some bad gene, don't give up people, okay? You can you can shift that. But but so so I want you to know there's hope and just keep listening to the summit because we'll bring on some people who specialize in that.

But, Beverly, tell us a little bit about that inheritance of mitochondria from mama. Yeah. So with that inheritance, it tells you what the base, the floor interview, where you are at, what your thresholds are like.

And so in your family, you may have noticed that there are some things that run there. And if you are adopted, I want to hold out my hand in my heart to you.

Go get some of those genetics tests that are available in genomics tests so you can fill in the blanks on your tree. Now, you don't have to wonder. We can take the question marks out of this for everybody, and you can find out what is your situation.

Some people absolutely have a predisposition towards vulnerabilities to things, and other people are pretty much bulletproof. They have like Teflon all over them and not in a toxic sense, but rather they can repel whatever life throws at them.

You probably know people like this. Oh no. One of my grandmothers smoked two packs of cigarets a day her whole life and lived to 94 years old. I mean, that's one of those bulletproof people that is the exception, not the rule.

That's the exception is Fran. Okay? And she was born in another time. She was born before all the toxins were in our food. And she grew up on a farm where they raised their own food and meats.

So many factors. Right. So medics had a had were winning from the beginning. Winning from the beginning. I just made a rhyme. That's a good one. But, yeah, I mean, we know people like that, but let's be real, Beverly, that is far more the exception than that.

Most of us I wish right. So we're kind of limping along to some degree. So when we look at, heart to heart disease, we look at diabetes, we look at mitochondria, we know that there's a lot of issues in terms of the energy.

And for some people, their mitochondria are damaged. Whether it was that they didn't get a good genetic harm to begin with, or life is unfurled in a way that has been unkind, and those mitochondria are damaged, and these are the people who will show up with really stubborn problems around diabetes.

Despite doing their best efforts to make their blood sugar be at a healthy level. It's just something that just constantly spills out from them. Others people with heart disease.

If that was the predominant issue or what happened first, it could be, especially if it's congestive heart failure. That's almost always an issue of mitochondrial dysfunction.

And until you attend to and treat of address that mitochondrial dysfunction, the congestive heart failure will continue. Ventricular complications, atrial complications, any of the parts of the heart, if you will, that are not working.

Right. At that cellular level, it is always a conversation about mitochondria. And that's where clinically and therapeutically, I've seen the best benefit is to work on those mitochondria and really help the people who have those difficult problems with heart disease, difficult problems with diabetes up out of the muck so that they can return to a healthy state and stay there.

Lifestyle Foundations for Mitochondrial Health

I that's one of the big learnings I had from the 1990s to the 2000. In my own work, one of the things in my journey in becoming a better clinician was just my observation.

This is where the knit part of my brain takes over with data and science and observing. And I noticed this shift from the late 90s into the 2000, where I would see people come into my office with you know, bags and bags, shopping bags full of supplements. Right.

And I'm looking at these labels and some of them had things in there, like just plain old at the time, CoQ10. And I was expecting that people will be a lot better.

So why are they here? Well, I learned a few things. One, there's quality issues in the world of supplements. Clearly what was on the label wasn't in a bottle.

I also, though, had a big refine, but you talk about a huge I think it was around the time my second child was born. This would have been 2002, 2003. All these genomic studies were coming out, and I remember reading filled to this day that science paper.

I was like, I was so excited because this gave me the clue I needed to see. There are people who don't convert coenzyme Q10 all the way to its most useful form, which is ubiquitous.

And there was, at least at the time, one a laboratory in Japan that had successfully gotten that chemical and made available as a supplement. And I started using that with my cardiovascular patients and then getting amazing results with them.

I was like, oh, wow. Then I realized the people who were coming in with the big bags are shopping for. The supplements were probably genomically weak in their conversion from CoQ10 to big, when all their mitochondria were not getting nourished because they couldn't do the 6 or 7 biochemical conversion steps from CoQ10 to ubiquity.

All that was just one insight at that time. And the more I looked at this, I was like, oh, these are the missing pieces of the puzzle. And since then it's been it's been just revolutionary from a clinical point of view, to be able to consistently help people who otherwise would continue to struggle despite doing what seem like really smart things.

You know, this is I'm really glad you brought this up because I could get on a soapbox about supplements. I mean, everyone I work with has a graveyard of supplements, meaning they've got partially used bottles.

They've spent a fortune on things that haven't solved the problem. And so just sidebar for a minute and let's talk about the importance of having number one practitioner or quality supplements.

Right. And or two, a trusted guide to help you figure out what's best. Because in this day and age of internet searches and Google, everyone is trying to be their own practitioner and cut a corner.

And I can figure this out on my own, which is actually really creates a whole bunch of frustration and waste of time, energy, and money because you're just trial and error.

Instead of using a trusted system and a trusted product and you know, a bit of a process and an algorithm that we know works. So can you talk for a minute?

In your opinion, you know, what's your stand on supplements and what do you tell your, your patients to look for? Well, my stand on supplements is that there are times when we need to have a specific kind of nutrient density.

Often it has evidence base. There's research behind it, or we have lots of years of terrible experience. And we know that this is a go to this is something to work with in a particular set of problems.

Having said that, one of the best things about the pharmaceutical industry is that what is on that label is in the bottle. And when they screw up, when they make a mistake, that's when they have a recall and they can tell you clearly what batch today, in time it was created.

They have a way to trace it scientifically to know, hey, we screwed up. We got to pull these ones back. Sorry, guys, that we made a mistake in the world. Supplements that often the quality assurance and quality control is not there.

There are companies who do have fabulous quality control and quality assurance, and it's on the label and they are part of, organizations that do testing.

That way. People don't cheat. So it's not a one time we pass the test, we will never again meet that standard.

Rather, it is an ongoing certification and those six of those, supplements often cost more because, not surprisingly, you have to pay people to do these things, right?

Yeah. The scientists in the lab who are doing the assessments to make sure that what's on the labels in the bottle is true, you know, our part of it, and it drives up your costs.

Genetics, Mitochondrial Dysfunction, and Clinical Insights

So with that in mind, I think that supplements that are practitioner level of quality at that do have clear certification on their labels around who has certified them to actually be honest players that they deliver what they say and that things are free of contaminants, they're free of, artificial ingredients or they disclose it.

If they aren't, then, you know, otherwise you just don't know what you have. It's Pandora's box, you know? Good luck. Oh. Huge issue. Huge. So glad we're talking about this.

I work with a particular supplement company in a lot of my programs that this is when you know you can trust a supplement company. Earlier this year, they had, a batch of one of their products not meet that third party testing, and they threw away around 20,000 units.

Yeah. The product, it would put everything on back order for, for a couple of months. And it went really frustrated. People were frustrated. We can't get this.

And it wasn't because of a supply chain issue. It was because the product didn't pass their standards and they weren't about to give it to sell it. And that is a company.

When you encounter that with a company, that's a company you can trust. Actually, it might be inconvenient, but dang, that is that is really impressive.

Yeah. You got to respect that. When people really have that integrity and do the right thing there to keep their customers safe, you know, I've had it a few times, I can think of twice with one of the, botanical medicine companies that I, worked with, and, they did the right thing.

They did a fantastic recall, you know, and they realized that they had a contamination issue. They were, apologetic. They, said either send it back to us or better yet, why don't you just destroy it and just tell us, you know, do we know you got rid of it?

Please don't give this any one cell to anyone. If you have told anyone, let us know. We will happily reimburse you. I mean, they just ate every possible expense associated with it.

And I mean, for a company to stamp out their products. Of course, that just makes sense. Why would that even be unusual? We have to bring this issue up because I think a lot of people in the general public are not aware of what goes on behind the scenes, and the difference in the standard to which supplement companies are held versus, say, pharmaceutical.

Yeah, absolutely. I know we side barred here, but I know this is important information and people are always wondering about stuff. And people assume that it's FDA regulated like pharmaceuticals and has the same level. So you got on the same level cautious.

And that's why it's important to find a trusted guide like Beverly, like myself, like the speakers on this summit who can guide you to companies that are reputable and and whose products work.

I mean, who knew that some people can't, can't convert CoQ10 into a usable form? So you go to that, you pick and all. I mean, it's amazing that Beverly knows that, you know, and it's been a game changer.

So instead of having, say, 70% success with my patients, it's everyone who has a specific issue, right? Like that's

an amazing gap to close with. It's because of understanding the science and also caring about how people live their lives so that they have that fundamental energy that mitochondria can deliver.

So if someone, say, has congestive heart failure where they are exhausted by their diabetes, being able to support and nourish those mitochondria and know that this helps them unlock their natural energy, we get the cell wall to work better, to get the mitochondria transport of all of its nutrients and its iron chains working again means now that person can feel so much better.

They're off the couch, they're up walking, they're playing with their kids or their grandkids. They are a member now of their faith or spiritual community.

They are able to perform at work. They are able to have a loving relationship and be a kind and generous and emotionally stable partner. This shows up in so many ways in people's lives.

It it blows me away. It's so foundational. So those mitochondria, they deserve our love, they deserve nourishment. And, you know, otherwise, if there's, a compromise in the literal energy of the nutrients going in to the cell and therefore to that mitochondria and their ability to convert it and turn it into our actual, you know, action energy, right?

You're going to be so stuck, you're going to not live that life of your dreams because you don't have the foundation of energy. You have to have it. This is a must.

You do. And I think we've covered really clearly why we need to be concerned about mitochondrial depletion with diabetes, heart disease, and why we want to focus on restoring it.

Can you can you now give our audience some really simple, easy ways to optimize mitochondrial function as part of their healing diabetes and heart disease?

What can they do to optimize? Because I know they want to walk away from this with me. Okay, I know what to do now. Okay, so some straightforward things.

Supplement Quality and Practical Ways to Support Mitochondria

One could be to do regular deep breathing exercises, making sure you're getting oxygen in. And as you're involving your diaphragm, you know, you do that belly breathing.

If you've ever watched an infant or a toddler breathe, young children naturally breathe through their, entirety of their body, and their bellies go in and out.

You can see it when they're asleep. You can see it when they laugh. If you watch it from the side, you'll see that little belly go in and out, you know, in and out.

And I'm not sure when it is, but at some point, it's probably before we even hit puberty, we stop with that deep breathing. So that's one way, right. And that's free. It's easy.

You can do it anywhere is to just consciously, purposely go, you know, twice a day, do that deep breathing for 3 to 5 minutes, really let your belly expand and relax and breathing in and out other things that you can do some of the supplements that would make sense.

Certainly you. But ubiquitin is a player here. If you have a big issue with this, you have to get it from a company that actually has though that quality.

Otherwise you're just wasting your money. Some supplements are not the same as others, that's for sure. Additional things you can do that will help with rebuilding and restoring your mitochondria is.

Take a good look at your own history of exposure to toxins, whether they are toxins from cleaning products, toxins from you grew up by like a oil refinery like I did in South Philadelphia.

You know, Delaware, southeastern Pennsylvania, northern Maryland and Philadelphia area absolutely have tons of refineries. And the air was awful. Sometimes. Right.

I just shudder to think about that whole situation. You know, there's a reason why I did four cleansing programs full on before becoming pregnant, because I just felt like you know what?

By then I was already a major acquisition, so I knew I need to take care of this. And my husband, who grew up in new Jersey, say we did it together, but that was an unfair advantage.

I have the background to know the importance of this. So if you know or suspect you've had a lot of toxic exposure, maybe you grew up by a, golf course and some place that where there's just a lot of spraying you didn't have permission about.

It just was. Maybe you have, well, water as a kid and, the the aquifer is where you live may have been contaminated as well. Same thing you would do. You would be well-served to go through a detox program to help you get rid of that toxic burden, because that will help the undone or get rid of those Velcro balls, both floating through the blood and under the cell walls.

Because all cells have walls, right? Stuff comes in, goes out through their nutrients in waste products, out. Similarly for the mitochondria, they do have walls and things have to transport in and transport out.

These mechanisms work better when you lower that toxic burden. These are really helpful, helpful tips, Beverly. And, we're going to make sure that everyone viewing knows how to get a hold of you, after they view this summit.

And, be sure if you're viewing that, you get Beverly's, free download. We'll have that available for you. And, Beverly, I want to really thank you for just pouring so much love.

I know. Right? You you have a, uncanny ability to make complex information. Very easy for people to understand. And I know your heart as well. You're one of the most generous, loving practitioners who I know in my circle of friends.

And I'm so, so happy that you could come on here and share your wealth of knowledge. And I'm really looking forward to people connecting with you. As you're watching this summit, find your trusted practitioner.

Find people on here who can help you. Absolutely. There are some wonderful, really well qualified, ready to go folks. Happy to help you and keep reaching for your best life.

Everyone deserves to be well. Thank you Beverly. You take good care now. You're welcome. Bye bye. Bye.