Introduction and summit overview

You're watching the Restore your mitochondrial matrix summit. I'm your host, Laura Frontera. I'm bringing you experts 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 Sharon Stills. Hi, Sharon. Welcome to the summit. Hi. Thank you. So happy to be here. Yes, I'm excited about this interview.

Let me tell you a little bit of, the audience, a little bit about you, and then we'll get right in. You are so passionate about spreading the word about your signature red hot, sexy menopause program.

And it's the philosophy that you developed to reinvent your health and explore your spirit and discover your sexy so that you two can create the life that you desire and deserve.

And you are just a wealth of information. You have run huge telemedicine and private, brick and mortar practices. You are really sought after in the space.

You've helped just thousands and thousands of people, and you're so generous with your time and your knowledge. And I'm super excited to have you here.

So let's get into this. Today we're going to talk about, we're going to talk about bio regulatory medicine, its relationship to mitochondria. We're going to talk about hormones and mitochondrial function and your external environment, how it relates to your internal environment.

And then you're going to tell us all the things to do to support mitochondrial function. Your favorite things anyway. Sound good. Sounds like a plan. Okay.

So let's jump right in because I don't want people to miss a second of all this information that you have. Can you talk about bio regulatory medicine and its relationship to mitochondria?

That's a big thing. What is bio regulatory medicine anyway? So one of my missions is to make by a regulatory medicine a household name because it is a form of medicine.

I learned from my many years of studying over in Germany and Switzerland and some of the places in Europe, but mainly those two countries, and it is a really foundational way of looking at the body.

So I practice naturopathic medicine. That's my training. I integrate functional medicine. But bio regulatory medicine to me is that foundational piece that is really looking at the extracellular matrix.

It's looking at where the cells are swimming, where they are bathing.

What bio-regulatory medicine is

And so we know if you're in an ocean and or in a pond and the pond is dirty, the fish die. And we don't just put new fish in, we have to change the water.

And so bio regulatory medicine really looks at the water, the terrain, the internal milieu of the body really takes into account your bioenergetics, your lymphatic flow, the p h of your system.

Because without a proper pH and proper places, we get the mineralization, we get acidity, we get, development towards cancer. It changes, takes into account emotions, takes into account your constitution because we all have

different physiological constitutions, like someone can sit there and eat Dunkin Donuts all day and not gain a pound and not get sick.

And then there are other people like me who look at a Dunkin Donuts and gain 20 pounds and get sick from it. And so we all have weaker or stronger constitutions.

And so bio regulatory medicine takes all of these things into account, takes very deeply your dental history. People come to me all the time because I'm a doctor, and then all I do is talk about dental history and kick them out and send them to my bio biological dentist because can't heal the body unless you take care of the.

In German we say my glasses or the blockages and so scars, cavitation, amalgams, root canals that are improperly done. All these things create blockages in the energetic flow, in the nervous system, in the meridians of the acupuncture meridians.

And so we have to be looking at all of these things draining the cells, clearing them out before we start putting in good nutrients and good supplements and things.

Otherwise they kind of get stuck in the extracellular matrix highway. And so when we're thinking about the mitochondria, which are inside the cell, if we don't have a good home for the cell to live, then we can't have healthy, happy mitochondria.

So to me it's all interrelated. And everything we do, every thought we think, every food we water, we drink or don't drink all affects the extracellular and the intracellular space spaces.

And so by regulatory medicine has this extreme focus on the extracellular space. There's so much to unpack here. And what you just said everything. So so what I, what I want to make sure the audience is aware of right now is that bio regulatory medicine has its origins in kind of European functional medicine, which is a little different than what we're doing here in the United States.

And I was born in the Western medicine world, practiced that for 20 years before I even discovered functional medicine, and then went down that path. And it was several years into my functional medicine journey that I even learned about bio regulatory medicine.

As soon as I figured that out, it was like, oh, this is a huge missing piece. So my whole point in kind of bringing that around is there's a lot missing in functional medicine if you're not incorporating bio regulatory medicine.

I have that right. And that's what I think. And that's what I think. You'll hear some other experts on this, summit. So Sinclair cannily, for example, will be on with us.

She's also an expert in bio regulatory medicine. And there's different names for it. Right. People call it European medicine. German medicine, but it's a really advanced and it really gets what I like to say is the root of the root.

Right? We talk about root cause medicine here in this country. But it really there's a root to the root right. It goes even deeper. Things go like yeah.

So let's unpack some of the concepts that you just kind of sprinkled out there for everybody to think about. I'm sure light bulbs went off. I'm sure a few people went, oh, I have to fix my mouth before I can, before I can get healed.

But let's dig into what are the energetics of the mitochondria. Let's talk about that. And then let's get deeper into hormones and mitochondrial function and more about environment.

So I actually look at the energetics first and foremost from a female feminine energy because the mitochondria are the matriarchal lineage lineage. And so if we are not and I'm speaking probably more to women, but I'm speaking to the men to who are listening, if we are not in touch with our feminine energy because we all have feminine and male energy, now women have more feminine, but you men too will have some feminine energy.

And if we do not have a good relationship to our mothers, to their mothers, to the ancestors, to our selves, to self-love, it's going to reflect in our mitochondria and so I'm a very I kind of sprinkled over it as you said.

I said emotional. But to me the emotions play a huge piece in how we heal and how we function. And I truly believe, and I've seen in my 20 years of clinical practice, that we can't really get to where we're going unless we bring the emotional and the mental peace with us.

And so it might seem a little out there like, oh, we're talking about basic physiology and the powerhouse of the cell and oxidative versus phosphorylation and ATP production and all these fancy biochemical words.

But if you really think about it, this is a feminine, this is a matriarchal handed down that comes from our mothers. And so we have to honor that. And women are often very out of touch with their own self-love, with their own feminine energy.

We live in this world of push, push, push and go, go, go. And I get a gold star. If I only sleep three nights and I accomplish 85,000 things the rest of the day.

And so to me, the mitochondria are there. Teaching us about allowing flow.

Feminine energy, emotions, and mitochondrial health

And flow is such a big part of bio regulatory medicine, whether it be the flow between the sympathetic and parasympathetic nervous system, or the flow of energy, or the flow of the lymphatic system and feminine energy teaches us to to exhale and to allow and to trust and to have faith, and to know that what belongs to us will find us, and we can sit comfortable in that.

And so we have to look at our relationship to our own feminine energy, to our mothers. Mother daughter relationships can be very challenging. And so I like a lot of the work of Burt Hellinger, who does Family Constellation work.

This is a emotional technique, comes over from Germany, and it's a very, very cool technique where you go to someone who's facilitating and you kind of have strangers stand in and take the part of your mother or your father or your brother or whatever scene you're acting out, and something really crazy and magical happens where these strangers start to channel the energy and you can work out it's a whole dance and you can work out.

And so we have to remember our relations. People we don't know never have met who died. We're a spiderweb and we're all interconnected. And this plays into our mitochondria.

Right. So I want to stay and sit in this for a minute. I've done some deep emotional intelligence work with my, direct relatives and ancestral ancestry as well.

And it's all been done between me and somebody else facilitating and other people standing in, never, bringing in those people, clearing the whatever it is on my own, forgiving, accepting, receiving.

And, so what I want to, I want to share is that people can do this work, even if maybe they had a discordant relationship with their mother, but their mother has since passed and they don't have the ability to talk to their mother.

Work this through, right? Absolutely. The people who because it's it's a group activity. And so the people who stand in for your mother, for your father, for people who have passed, I've done it where I lost my siblings at a young age, and I had people stand in for my siblings, and it was just amazing.

These are strangers I did not know, and how they just took on the energy or the attitude or the words of my brothers. And so it's just something that we don't think of when we think of healing, we think of mitochondria.

And let me take my CoQ10 and let me take my alpha lipoic acid, which is all good. I do that too. But I think this is such an important energetic piece.

And we really, I believe that things start out here. And let me make sure I'm in the zoom screen, but I believe things start out here on an energetic level, and if we don't pay attention, they start to move in and become physical and then they become physical symptoms in our body.

And so when we have chronic illness, when we have might have mitochondria that are not functioning, we are exhausted. One of the biggest signs is this deep fatigue.

And so often when we are deeply fatigued, it's because we don't want to deal with emotional or mental dysfunction that's going on in our lives. It's it's much easier to just lay down and not deal with it.

And I and I speak from experience, we a lot of us in this field, we have our, our stories. And so I speak from a personal experience of just total collapse in my early 20s and eating all the organic broccoli and taking the lamination and getting my vitamin C shots, and nothing got me up from, horizontal to vertical until I really handled what I was unhappy about in my life and made changes in my life to rectify the emotions I was not happy about.

And then it was like, bing, bing bing, oh, I'm up and I'm feeling great. And so for for the people listening, it's just to give you this other area to really contemplate.

And it's not to say that that is the way it works for everyone. Sometimes you get the real emotional, but you still got to take the ten and you still got to eat the right food and so forth.

So it's always a marriage, but we have to when we say the mind body complex, we all as humans tend to kind of gravitate towards one field. I'm really into the mind and I do my affirmations and I do any EFT tapping and I, I really believe and I'm working and I'm forgiving.

And then maybe though we're not really that into the body, so we're still eating junk or we're not moving our bodies, or we're not paying attention to our sleep, or we're the other side and doc Stills, I will take 25 supplements, if that's what you say.

I will stand on my head. I will eat artichokes till the cows come home. But do not get to me. Do not talk to me about my relationship with my mother or my husband.

That has nothing to do with it. And so when we're talking about the mitochondria contra and this lineage of maternal energy and this function of energy and, life, we really have to remember to kind of take one from column A and one from column B and kind of put them together to really find healing.

Yeah. And I know we all have examples of clients we've worked with in the past, the exact same scenario you were just describing where you've run labs, you've created personalized protocols based on their symptoms, their labs, their goals, and they're doing everything textbook the way you ask, and they can't get to where they want to be.

We know as a profession that if you're doing all those things and you're not getting better, despite personalized lab evaluation and protocols, there's an emotional piece that you you really get to look into.

Yeah, we all have people who we can remember in our practices like that. So thank you for, bringing forth that concept of the maternal lineage of the mitochondria.

I think that's beautiful. For those who don't know, we get our mitochondria DNA from our mothers. And, okay, so let's talk about hormones and how they're involved with mitochondrial function.

Because you are a hormone expert, you have a huge practice in helping people fix their hormones. And you do it differently than everybody else, right?

Because you bring in the bio regulatory medicine, we would never find Doctor Sharon Stills just prescribing a hormone. You know, we good like my patients know that it's not just it's not just getting some estrogen.

When you come to my town, that might solve a temporary Band-Aid problem. But there's some deeper work that gets to happen. So let's talk about hormones and mitochondria.

Bring it. Yeah. So I mean the mitochondria have to be paid attention to when you're dealing with hormones because they play this major critical role in steroid genesis, which is the creation of steroid hormones, which is what sex hormones are.

And so they come from cholesterol. And so there's this big, this big piece of we have to have functioning mitochondria. Otherwise we're not even going to have hormones created.

So a lot of times if you're if you're getting hormone treatment, you need to be with someone who's also paying attention to your mitochondria because otherwise they might be missing the root cause.

And so are you not producing and it's a little more earlier. So post-menopausal, it's kind of natural to not produce hormones because that's where we're at.

Hormones and mitochondrial function

But so there's still a mitochondrial role then to like to me, you always have to be paying attention to the mitochondria, but certainly for younger women and men.

And I see this in my practice, just more and more younger teenagers, early 20s, are not producing hormones like they should be. And that's we don't expect to see that slow down.

We would hope not till the mid 30s. But I'm seeing it in young adolescents and so is it just they need hormones or do they need mitochondria that are functioning?

And more often than not, if you get to the root of it and you can get the mitochondria healthy and happy, then they are hormone production, that cholesterol production, the transfer of cholesterol to pregnant alone and then to all the other hormones will start to happen.

And so it's a really important, important piece that I think gets overlooked a lot, I think, and maybe that's a little bit of the difference between functional medicine and bio regulatory medicine.

Functional medicine is really to me, oh, you have no hormones. Let's replace them. Will do it naturally. Where bio regulatory medicine. I'm always looking at the dance and the web and I like what you said.

Get into the root of the root and so on that note, can you talk a little bit about those root true root reasons that mitochondria might be dysfunctional?

Because we've got a lot of people coming in here and talking about a lot of different topics. And this is one of the most important talks we're having right here.

This talk, everybody really needs to listen to it and take notes and go back and listen to it again. So what are the underlying root of the root causes that we're looking for.

So it's funny and I will definitely answer that question. But when I answer the question a lot of these things are not there. General basic things. And I find in my practice that so often things that we take for granted, be it our sleep or our hydration, we don't think that's like fancy enough to fix ourselves or to heal ourselves.

And we want pills. We want they give me the fancy peptide or give me the fancy bioidentical hormone, which again, trust me, there's lots in my cabinet right outside there and there's lots in my patients cabinets.

I'm a big, big fan, but we really have to go back and look at these foundational causes. So what are some of the root causes of dysfunctional mitochondria?

One would be having very poor circadian rhythm hygiene. So being very disconnected from the outside world there it is like hello outside my window. And so we can spend our lives waking up.

A lot of us work from home now. So we wake up, we commute to the kitchen, stop by, grab our coffee, and then we make our way to the office and maybe never even leave.

Our home is glued to the computers. Then go eat dinner and head to the couch and then to the bedroom. And it's like this sick. And it's like, oh, I forgot to go outside.

And so the mitochondria, there's studies. We know the lunar cycles, which again is very feminine energy. They influence the mitochondria. They increase the reactive oxygen species, which in turn increases our energy, which in turn supports basic cell vitality, supports our innate immune system, our macrophages, our dendritic cells, our neutrophils, things that are really important in our frontline immune.

And so it sounds like oh so all I gotta do is go outside and get some morning sun. Yeah. All you gotta do is go outside and get some morning sun. And so having a really good circadian rhythm hygiene is a great place to start.

Root causes of mitochondrial dysfunction

And we don't think about that as medicine. We still think about medicine as pills. And when we come to functional medicine doctors are not perfect physicians by a regulatory.

We want a healthy pill, which is definitely a step in the right direction. But if we can, within an hour of getting up, get outside, get our bare feet on the ground, and it's getting kind of toasty here in Arizona, I have to say, I'm like, oh, it's getting hard, but I do it anyway and get some sun and let it hit our body.

Not wearing sunglasses. We reset our whole rhythm and if we can watch the sunset, and even if it's cloudy where you are, because I know not everyone lives in sunny Scottsdale, Arizona, but just being outside, getting your feet on the ground, connecting to the Earth's energetic pulse that helps to reset you.

And that is really important to be in nature to get outside, to connect with nature, to hike or to sit by a lake, or if you're lucky enough to have the ocean, which I miss to go breathe the negative ions and walk barefoot and ground on the sand and listen to the rhythmic flow.

All of these things affect and reset our mitochondria. And so we are so disconnected from the Earth, which we can never really be disconnected from because we are connected, but we are forgetting that.

And then having good light hygiene, having good electromagnetic frequency hygiene. So turning down the lights, getting your blue blockers, if you're going to be on machines where the sun goes down using I love using candles like it's dark out.

All the candles go on. It's very romantic. It's very soothing. And it's healing to my circadian rhythm. Making sure you are on an appropriate sleep schedule, making sure you're getting to bed by ten 1030 and not burning the candle and staying up till two.

So all of these things have a huge impact, and you don't need me for that. You don't really need a doctor for that to tell you. You can do that yourselves.

But I we still want someone to tell us what to do. And so just doing circadian rhythm. And then of course within that you can put in intermittent fasting and having a eating window because that really helps regenerate the mitochondria as well.

It helps with autophagy which is the clearing out of cellular proteins. And so having an eating window, giving yourself a good overnight fast for 14 16 hours, making sure you finish eating three hours before bed, making sure your room is dark, dark, dark, dark like the planetarium when you were a kid and you can't see your hands in front of your eyes so you can stimulate melatonin production.

So just having this new relationship with nature and lights will blow it out of the park for you. And it sounds easy and it sort of is easy, but it's sort of not easy because sometimes changing our lifestyle, we we go kicking and screaming.

And so take one thing and start with that and then move on. It's a big deal. Sharon, I was just talking to a client the other day who she's doing everything I'm recommending, but her partner likes to sleep with the TV on in their bedroom, and so she's dealing with that and trying to put in earplugs and, you know, a blackout cover over her eyes.

And, I mean, so the struggle is real. I mean, you have to be really committed and enroll the people in your life to also be on this journey with you. And then we have our habits, right?

Just like you said, of getting up, going to the kitchen, getting in the office, working all day and not really getting outside. Not I mean, that takes commitment to absolutely have that practice become a new routine.

And it really, truly is the the lifestyle practices. And if I were your, your client and that were my partner, I would just take down TV, put in another room and be like, you're done.

We shouldn't have any electronics in our bedroom. You know, I know it's, it's like my story. I've been with my husband for, I don't know, 24 years, something like that.

And I can remember the very first time that we, were moving in together, and he's a watch TV at night kind of person to fall asleep. And I had to, like, set down the rules of that's not happening in my bedroom.

And so I never had a TV in my bedroom, thankfully. But it was something that we did early on. And then was like, non-negotiable for me. He knew that to be in this relationship that was not that was seriously important to me.

Now he gets to win on other things that are non-negotiables for him. But that one was my bedroom was there for sleep and sex and it these are the living room.

So that's a that's a huge thing. And and then something that I'm also I talked about the energetics. I'm a mindfulness based stress reduction teacher.

And I without a doubt believe mindfulness is really the best medicine out there. And so it's been shown. There's been studies showing that when people embrace mindfulness that it improves their mitochondrial function.

And so stress is at the root cause of I think every disease, whether it be physical stress, whether it be chemical stress, whether it be emotional stress or mental stress or spiritual stress, but stress is at the bottom.

And so if we want to truly heal, we have to think about who we are when we're doing the healing. And so I'm a real stickler for this because if you are eating right and exercising right, go on a yoga class, but you're stressed while you're doing it, and it's just taking something else off of your to do list, then you are not getting into a parasympathetic state.

You're staying engaged in the sympathetic part of the nervous system, which is fight or flight, which is stressing us out, and you are not healing. And so our breath again, you don't need me for this.

You come with your breath. It's free. It's how you enter the world. It's how you leave the world. It's always there with you and it's just waiting for you to have a relationship, a deep, intimate relationship, and just breathing and being mindful and being aware of what you're doing and why you're doing it and how you're doing it.

So if you I often tease if you are eating your organic broccoli and your grass fed and finished steak, but you're angry about it and you're not enjoying it and you're pissed off, then that as opposed to going to McDonald's where you are so happy because you used to go to McDonald's with your grandparents and you have lovely memories of being at McDonald's, and you're eating it and you're happy and you're enjoy, you're probably going to get better assimilation and nutrition at a McDonald's, which I'm not saying to go to McDonald's, I'm just using that as an extreme, extreme, example.

But it really is. It's not just what we're doing, it's why we're doing it. It's how we're doing it. It's who are being. It's when we're doing it. And so stress reduction and paying attention and waking up and being present in your life is yet another amazing gift.

So that goes back to the circadian hygiene. So if you're going outside in the morning, truly being present and going outside and feeling the sun and breathing and letting go the best you can of your monkey mind and not beating yourself up and thoughts, you know, if you start to think, oh, what am I going to make for breakfast?

Just acknowledging, okay, I'm thinking about the future. Just breathe. I'm going to go back to feeling the sun. I'm going to feel my feet on the ground and enjoying the the ability to be alive, to be present, to be outside, to have legs that allow you to stand in feet that support you.

And really, when you get into that feeling and that mode that heals you more than anything else. So and of course, we have toxicity. And so that's not as fun to talk about.

But that's a true problem. And so glyphosate levels heavy metals, pesticides, mycotoxins, parasites all of the struggle is real. And all of these things goop up your mitochondria your extracellular matrix your lymphatic system.

If it's not flowing you're not eliminating. And so this is a huge problem. And to me when we're talking about detox we have to remember our monetary organs.

And so the among arteries are the elementary organs. So I use the example of a bucket. And we all get different sized buckets. This goes back to the constitution.

Drainage, toxicity, and detox support

And so someone like me, because I was very, very ill as a child and I have a weaker constitution as born with this teeny tiny bucket. And so you put some processed food in it, you put some air pollution in it, you put some cat hair in it.

And also on my bucket is overflowing. I'm starting to have symptoms and my spout at the bottom of the bucket needs to be opened. And the spout at the bottom of the bucket is my lymphatic system, is my liver, is my gallbladder.

Because I think two of the most important elementary processes, the lymphatic system and the bile and the gallbladder, are often very overlooked. We think about the gut and we think about the liver, and we forget about the lymph.

We forget about the bile, we forget about the lungs. We forget about the skin. We forget about the uterus. And demonstrating women. This is all ways that we eliminate.

And so if I have a teeny tiny bucket, but I have my mouth open, well, it's getting filled, but it's also being depleted and getting emptied, and I might not have as much overflow.

And someone who has this huge bucket. I always think of the 101 hundred year old grandma rocking on the porch, smoking a cigaret, drinking her whiskey.

She's never been sick and so she's got this huge bucket. Don't matter what she does, she's not going to get sick

and she's just going to die of natural causes.

But with toxicity, again, we have to really go in and give TLC and special attention and make sure that all of these organs are draining and functioning.

And in by a regulatory medicine. We use a lot of drainage remedies, which are complex homeopathic remedies of different potencies that have a frequency of vibration that allows them to enter the cell and drain the cell.

And it's really important we do drainage before we give the CoQ10, before we give the NAD, before we give the taurine, before we give the carnitine, because we want all of those things to have a place to actually go.

We want them to go into a cell that is cleansed and happy and says, welcome, I'm glad you're here. Now you can help me function better. And so again, ten.

The day that I learned about the important importance of drainage changed everything in my practice and in my clients. I didn't learn this in American functional medicine.

And part of that I just want to put a pin. I just want to highlight this and make sure everyone's hearing how important drainage is. When you are choosing to work with a practitioner, make sure that they work on gallbladder, that they work on lymphatics, that they work on understanding that your skin is a drainage organ.

It's so important. So thank you for bringing that up. I was hoping you would. I don't think anyone can talk to me without me bringing it up. It's really the whole medicine time.

This matrix is, is really where a lot of people say health begins and ends in the gut, and it sort of does. It does, but it doesn't. Because to me, it really begins and ends in the matrix, which then affects the gut because the gut, the gut associated lymphoid tissue, I mean, there's so much lymphatics involved with the gut that the gut can't work if the lymph is in flowing.

And so toxicity is a huge issue. And we often forget we think about the moles, we think about the heavy metals. And we we want to remember that we need to remove things first so we can't be doing it.

I see this way too often and it makes me cringe. But we can't do a heavy metal detox. If we have amalgams in our mouth. We have to remove the offending factor first and then we can go in and drain what's been stored in the fat cells and what's in the body, the body burden.

But all these things can be tested. Glyphosate levels, mold levels have a metal levels and and they're unfortunately it's not. Are you toxic anymore? It's.

How toxic are you? It's. Oh, I see your mercury is up at a 12. But, you know, compared to what I've seen over the last 20 years, that's not too bad because most people are at 80.

And so we all we have to see, you know, part of the it's the art and practice of medicine. And part of the art is for your your guide, your physician, your holistic health care practitioner to understand what is limiting you, where is the window in and what's going to have the biggest effect, and what do we need to do.

And so if we started out as children and our our parents and our pediatricians had the understanding of drainage, then we would start out and be paying attention and making sure these organs continued to function, that we wouldn't have this high level of toxicity that we do, because we would constantly be paying attention and loving our limbs and loving our liver and loving our bile and all of these things.

And so we have a lot of reprograming in a positive direction to do. And we do want to get sick. I think if our mitochondria are so sad, tired and not working properly, that sometimes we can't even muster the energy to have a fever to to get ill.

And this is something I see constantly, because a large part of my practice has been helping patients dealing with oncology, cancer diagnoses. And so almost a high, high percentage of them, I'd say at least 75, 80% will come in and say, I don't understand doctor stills, how I got cancer, because I never even got sick.

And mitochondrial dysfunction is such a key player in cancer and it's such a key player. And oh, I never got sick. I never got sick because my body didn't even have the energy to produce a fever.

And so I'm not saying to those of you listening that, oh, I want to see sick every week or every month, but a nice, good illness once a year, maybe even twice a year, is a good thing.

It means your immune system is working. It means you are able to mount a response that your mitochondria have the energy for you to mount a response. And if you are not taking things to suppress your fever, then you're doing a good job.

Because by suppressing our fevers, especially in early childhood, we train the body. We don't need your immune system. We don't need you to do anything.

And we shut down our natural immune capability. And from a human toxicology perspective, which is a way of looking at how we get ill, from a complex, homeopathic way of looking at things.

It we we start with normal excretions, fevers and throwing up and diarrhea and these are good things. But if we suppress them, then the toxins don't get burned up.

They don't get excreted, and they go down this six phase pathway to where we end up in a DNA damaged and a cancerous situation. And so toxicity is is a huge, huge player.

And so there's so many important things from our sleep. And I didn't even talk about hydration and diet. I do want you to talk a little bit about structured water and mitochondria.

I mean, there are a lot of things we could talk about here, but I think we're hitting a lot of the big ones. Tell tell us a little bit about that, because I think it's it's such an important piece.

Yeah. So I drink structured hydrogenated water, which acts as an antioxidant. And so the structured water is this fourth phase of water that really helps illuminate and get our mitochondria functioning.

It helps to cleanse out our extracellular matrix. It's this gel like structured water that our body absorbs so well. And so you could be drinking water, all the water that you're supposed to be drinking.

But if it's not structured, if it's not hydrogenated, you're not going to be necessarily absorbing it. And then it becomes a stress to the body. And then we get into the whole, well, are there toxins in the water?

Is your water properly filtered out? You're drinking water out of plastic bottles, and are you getting an extra dose of plastics with your water and filling up your toxicity that way?

And so, so again, it's it's not just what you're doing, it's how you're doing it. It's why you're doing it. And and we as a people are just sub clinically totally dehydrated.

It's one of it's pretty much I see it every time a new patient comes to me. It's something we have to work on.

Structured water and hydration

And so and you have to remember you can get hydrated through apples and chia seeds and vegetables. So it doesn't just have to be drinking your eight glasses of water a day.

Although I do drink lots of water every day and it does make a big difference. So did I answer your question? Yeah.

So you touched on structured water, hydrogenated water.

What are the systems that people need to be looking for to do this? Because I know they're going to want to know, like, okay, Doctor Sharon, what do how do I do this?

Oh my God, I always I'm going to have to look because I have oh I always forget the name of the water system I use. But it's this I use the spring aqua because it really mimics spring water and all the different rock formations that water would pass over, and it's filtered water.

So it's clean because our water is filled with chemicals and toxins. And so, it to me, it's the best water that is around. And I, I always tease and I can't show you guys.

But right on the other side of that wall is my garage and I call it my water filter graveyard, because I have so many water filters in there, because I'm so obsessed with making sure I drink the right water.

And so I have owned every every water machine that comes on the block. I'm like, if that's better, I'm getting it. I don't care because water is life.

And so I have all these old water machines that I don't want to throw them out. I just don't know what to do with. But water is, you know, we can't have without hydration.

We don't have flow. We don't have flow of electrons. We don't have blood flow. We don't have oxygen flow, we don't have lymphatic flow. And so we need all these things for the inside of our cell where the mitochondria live to, to function.

It's it's an inside outside deal. So it's an inside outside deal in our bodies, inside outside the cell. Just as I talked about in the very beginning, inside our homes, outside our homes, this relationship we have to the external environment.

So it's the same in our bodies because we are a reflection of Mother Nature, Mother Earth and nature. Is that what you call rewilding? That's one of your topics that.

So tell us a little bit about that. And then we probably have to stop talking because this interview could go on for hours. Yeah, yeah. To me, rewilding is this, this movement of getting back to nature, of getting back to connection.

So it's kind of like what I said in the beginning, we come to adopt or we don't feel good and we, we want these big fancy solutions. We want an IV or an injection or all these supplements, or I need to know the exact right food I should be eating.

Is it okay if I eat turnips or should I only cabbage? And we can get very fixated and very vata, which is a dosha in your data, and it's very like being in your head and being stuck in your mind rather than being in your heart and your body, which is how we actually really heal.

And so rewilding is yes, it's it's divorcing your phone and marrying the trees or marrying the grass or marrying looking up at the clouds and taking space.

And so it's getting our feet on the ground. It's getting our hands in the earth. It's healing with nature. It's getting back to a slower time. As I mentioned, lighting candles when the sun goes down, not staying up so late before. And I'm all for technology.

I mean, it's great and I like having lights and things of that nature. But before that we we lived very in tune with the seasons, with the sunrise and the sunset.

Rewilding, nature, and closing remarks

And now we don't have to because we have artificial everything, but living in tune with the seasons, with the cycles really helps to nurture and heal your body.

And that alone will give you the biggest glass and the biggest power for your mitochondria. And you can take your your listeners supplements and you can do all those things that I do too.

I don't I don't want people to think that I'm against that because I'm not getting in front of the red light. Great thing to do. My brand is red. I love red light.

I love that color. Red is very stimulatory. And so all of these things are important. But if we just do those pieces and we leave out the other ones, we miss out.

And we we really have this opportunity to live healthy and extend our lives. There's no reason biologically we can't all be living to 130. And when I say I'm going to look at 130, people always like, oh, she's so cute. Hi.

She's she's delusional, but I'm, I'm not. That's really what our lifespan can be. But because we live so disconnected, because we have so much toxicity, because we have so much stress and we're not really paying attention to these things, we don't have such a long lifespan, but we can.

And so it's it's been so delightful. Sharon, you talking to you is just like a ray of hope, like a possible city. I feel like, gosh, there's so much in the words of wisdom that you've shared, and I know it's so motivating to hear from you as well.

And I'm sure the viewers are feeling the same way right now. Like they're ready to go out there and I'll meet you at the beach. I know, I know, and I you know, I'm lucky that I get to see you a couple times a year and spend time in your space and experience you and you are magical.

So thank you so much, Sharon, for being here and sharing your wisdom. So grateful you and I'm so glad you're doing this summit. What an important topic to bring light to this, because I think it's something a lot of people don't think about.

And by the time they're done listening to this, they're going to have a whole new view on how they can heal. So yay! Thank you Sharon. Take good care.

Oh, wait. Before we go tell everybody how they can get a hold of you. Definitely. I know there's people that are wondering, like, how do I get all this?

You, my website is just Dr. Stills. Stills scum. I do host a podcast for the Bio Regulatory Medicine Institute. So if you are interested in learning more about bio regulatory medicine, it's bromide that online.

We are a nonprofit. And so I just do this from my passion just to help spread the word. I host a really great podcast with amazing guests, and we also have a really prolific website.

So if you want to learn more about the terrain or about home or toxicology or about lymphatic flow or any of the things I mentioned, dental health or constitution, go to be our my online and make sure you have quite a bit of time because there's a lot to learn there.

So that's a good way to learn about by regulatory medicine. Thank you so much Sharon. You take good care now. Bye bye.