## Introduction and guest background

For. Hi everyone, and welcome back to this episode of the Reversing Marcel Activation and Histamine Intolerance Summit. And I'm your co-host, doctor Tom Moorcroft.

And today, this episode, I'm super stoked because we are talking with our other co-host, Doctor Christine Schaffner. And you know, I met Christine back, I think, at a conference at a conference in new Jersey when you were working with Doctor Klinghoffer.

And I was just like, the thing that I was so blown away by was kind of like this marriage of like, what the patient is experiencing, what the clinician is experiencing, and like some pretty hardcore science.

So I'm really excited, to have this conversation today where we can sort of meld those worlds together. But Doctor Schaffner is a board certified naturopathic physician.

He's helped a gazillion, I think she says thousands. I think it's really a gazillion at this point. People through, in-person work, her online summits and her work really goes beyond sort of like biological and medicine and all the science and really pulls together all different systems of medicine and healing modalities so that she can help patients reclaim their wellness and really reveal their brightest light and her skill set.

You know, she continues to, seek to improve, access and outcomes and speed of recovery and people who are really struggling and don't always have that access to care.

And really, people travel from all over the globe to see her. And I hope we're going to dive in a little bit to her eco methodology today, because what she talks about is the ecosystem and the terrain of the body and and that surrounds you, you know, energy analysis, clearing blocks, optimizing flow.

All this is part of a systematic methodology for helping you get better. So I could go on reading stuff about you all day, Christine, but thank you so much for joining us today, and thanks so much for doing this project with us.

Oh, it's such an honor to me. I always enjoy our conversations. It's so cool. It's like, I love reading people's bios. And then I think back to all the things I know about people.

And it's just it's so neat. So really we're talking about methyl activation and histamine intolerance. What was kind of like what brought you into kind of an understanding of this and sort of what kind of brought you into thinking about medicine this way?

Yeah. No. Absolutely. And, you know, I think it really is our patients. Right? We learn with our patients every day and our knowledge and, you know, school and our training is just like, that's step one.

And then our clinic, experience and our patients actually teach us really what's going on and what's working. And I've been practicing about 12 years.

And from the very beginning, there was just a handful of patients that were just these highly sensitive beings, right on all levels, like a drop of this would set them off, or they would feel energy in the room or the electromagnetic radiation in the room.

And it was just like we, of course, believe them and trusted them about our mind and understand it. Yeah. So, I mean, we actually have a narrative and a framework, especially over the last 6 or 7 years, that really like identifies why they have this highly sensitive system.

And so again, it was patient driven. And for whatever reason I have a growing number. I think it's not only the, condition is growing, but also, you know, my knowledge is growing in the highly sensitive population and they keep us on our toes. Right?

They allow us to constantly innovate and try to find ways to unlock their system so we can really start treating them. And so, it's really been my patients bringing their sensitivity towards me.

And that really, made me strive to try to understand more and more what's going on so we can really give them the tools to help them heal. And I'm happy to dive into whatever we want to go from there.

But my my patients, you know, I don't seek this out. My patients told me I gotta learn this. It's it's so interesting because I know we were talking a little bit before we got started, and it's like so much of what happens, it's like I, at least in my patient population, because I think we've been in practice about the same time, and we see people that are similar.

And one of the things I notice is like, it's almost like the the new sensitivity that they, they are more aware of in the moment. Maybe that they weren't previously.

It's almost like labeled as wrong. And then I just hear you saying this about this. I remember like, why are all my patients like this and what?

## Patient-driven insights into sensitivity

Oh, wait. Yeah. It's my responsibility to take the message and learn. So how do you coach people, though? Because it's hard for me to, to be receiving all these messages.

And then for our patients who are suffering with Lyme or mold illness and mast cell activation to all of a sudden also have this sight. Well, what a lot of other people say is the side piece of being hyper sensitive, like how do you even like start with them and help coach them through this process?

And just to piggyback on that, as we dive into that, you know, I think that in this patient population, there's a lot of trauma and fear. And, you know, there's a lot of self-doubt and a lot of maybe because they have been tuned to the medical, means dream paradigm for so long.

They get this one by the time they come see us. There's this. What's wrong with me? Like, why can't I tolerate things? Well, I'm trying so hard. And there's a lot of like, you know, unfortunately, like them, they're beating themselves up in some ways when they like.

Honestly, that's the last thing they need to be doing. We need to understand them. And I was laughing with you before the call. I mean, we have to, you know, our weird sense of humor, right?

That these patients are actually the ones who are ringing the bell and saying, this is going wildly wrong, and we need to look at every aspect of how we're living on this planet, and it's not going to lead anywhere good if we continue down this road.

So I actually am grateful that they are ringing this alarm and making us look in this way because, you know, again, we we have to turn the trajectory of our health and what we're doing in medicine and what we're doing on the planet to really, you know, I believe in regeneration and healing, whatever's possible.

But if we keep doing this, we're just going to, you know, see a path that none of us want to see. So, from that perspective, you know, I'm a real big train person.

So I am a natural path. And then I've studied by regulatory medicine. I'm also very much into the bioenergetics. But this idea that's been my methodology called, you know, we look at the ecosystem essentially, and the environment and the train is that, you know, it's not about the external environment as much as our response to that

environment. Right.

And so how can we allow our bodies to become more adaptable and resilient? And the human body? My goodness, it is a profound, you know, work of art that is profoundly elegant.

And what's happened is, you know, so much life has gotten in the way that it prevents our ability to self-regulate and heal. And the the, the capacity that we're, you know, all I think have all of us can have access to that.

So none of us are different in that we have an innate ability that our body is always trying to heal and repair and has those mechanisms. And the doctor's job is to first start with.

And I feel that this is a really complicated, illness. But at the same time, we can bring it back to some simple principles. Okay. Like what are the stresses that are most, like, such a priority in your system that we have to deal with and we just kind of unpack them, right?

We we look at the onion analogy all the time, but it's, a representation of stress that we walk through. With each patient. And so each patient I have this in mind.

And of course, with Marcel and highly sensitive patients, I'm going to tweak, and I can share, you know, how we treat things to help them, but I just want to get this framework out.

And so, often with my, you know, first patients, first patient, I said, I'm sure you have a very similar. And we're looking at what has been missed. Right.

What are what has been missed in their health history. That could be, really key aspects. And by regulatory medicine, we call them interference failed.

So we look at the mouth. There's a lot of dysbiosis toxicity and this chronic poisoning of our lymphatics with neurotoxins and bio toxins that are hidden from us in the mouth.

So that is really, really important. We also look at scar interference. Well, these seem simple, but they're profoundly, impactful to our fascia, our lymphatics, our extracellular matrix, our, emotional terrain.

And that we hold trauma in our tissues. So even just as much as mercury in the body can create dysregulation in our physiology, a traumatic event can be, stored memory that is also affecting our physiology.

So we can, you know, unpack that of course, as well. So most patients, we go through the list, of course. We look at them at home. Environment I believe that none of us are living in Utopia right now and we can't live in a bubble.

But obviously, when we're going through the healing process, we're trying to control and make a healing environment as much as possible. So we've got to look at more.

We got to look at EMR and we've got to look at, you know, this patient population who doesn't have any homes or personal care products that are, you know, toxic.

They've cleared some of those out already. Yeah. They've already been like, hey, there are no toxins in these things. Please don't put them on our body.

So, you know, doing as much as we can in our environment. And so that's my checklist. And, I guess I can just dive into this piece, time too. So I've already mentioned scars in the flesh and extracellular matrix in the lymphatics.

And this is an area that I'm really passionate about because I think it really is the future of medicine and how we look at the body. The more that we, deepen our understanding of this.

And it's really been, a key component in a bio regulatory medicine. And maybe I'll start with the, inspiration that I've

had lately. There is that French hand surgeon doctor shot.

I'm glad I couldn't. Berto, who has those YouTubes of he, you know, looks at living fashion. It's hand surgery. So you and I did cadaver lab. Right. And we're just get through the the fashion is kind of.

It's just the Saran wrap. It's not supposed to be a thing, but hold or structure. But I really think a lot of the magic in our body is in the file. And the fascia is this interconnected fabric in our body.

## Fascia, lymphatics, and the terrain model

And so what Jean-Claude saw was that it's not this just structural kind of Saran wrap, but it is a highway of communication and delivery, exclusion. So water in the body and and the more you study it to, let's say, highway for electrons, light and sound and our body, is the area that Lyme loves to hang out.

Corsicans like to, you know, embed and destroy glyphosate likes to interrupt. You know, you name it, it starts in the spatial fabric that it starts to degrade the communication network in our body.

And so mast cells hang out in this tissue right. Mast cells are our first line of defense. Right. They are surveying our environment and letting us know whether or not to signal the alarm or not.

And so when we look at this facial network, it's kind of a I'm sure you see this a lot too, Tom. It's it's like this terminology. It's like, extracellular matrix, interstitial tissue, you know, like there's all these words for the same space.

And it's right. Many of us really understood. And why why would you just say all these different words. But my I love saying fascia at this point as an umbrella.

Because the lymph is within the partial network, the extracellular matrix is within the network. So I see it as this umbrella term. And then as we go to the microcosm of the physical body, and we look at the space in between the cells, that is a big piece of where our treatments need to target, because that is again, where, if we're not getting our lymphatic fluid moving out of that space in that thing, in that space builds up with, the invisibly toxicants and infections in the, in that space.

That's where mast cells right there couldn't be more bombarded. And they're going to be ringing that alarm bell more and more. So Ireland, static therapies are facial therapies are key to allowing drain toxicants and improve immune response and modulation.

So mast cells can be, way, more happy. Let's just put it that way. Doesn't you know, it's interesting to as you it there's a small group of osteopathic purists like they call them traditional osteopaths.

And that's my, my, you know, background. And it's this interesting thing because I had an opportunity, we were one of the few, anatomy labs in the United States that have fresh tissue.

So when, when which it's not as gross as it sounds for everybody watching, but a lot of us study cadavers that are preserved and to preserve them, to make them not like a biohazard to the people working on them and to have them preserved for a long period of time.

We do things that make we change the original function. But there are some people who are so generous that they say, here's my body to study. And in a fresh frozen situation.

So not like, you know, a live hand, but really close. And one of the things that I kind of flash back to, as you're talking about, that is the beauty of the faces.

If you take, if you make it contacted the fashion on the front of the shins and someone is holding like we actually did, where they had some of the membranes within the head, you can actually put gauges on them, move the front

of the leg and it will move the inside of your head like this.

And it's like. And then think about the life and the energy that you're talking about. This is a living, breathing tissue. And the other part that I remember is some of the folks I studied with, they would actually try to break the fascia, and it's next to impossible with almost any amount of force.

Yet in a living tissue, they can actually pull or push on it and create an electrical that piezo electric sort of flow that you're talking about. And it was just like it just it brings joy to my heart.

Hearing you talk about this is where it's a lot. Because for those watching, if you don't know about fashion, this is literally embryological and developmentally, where everything grows into the the fascia is literally the energetic framework for which our human structure comes.

So I want to hear more about the way you deal with this, because I'm really I'm like really stoked about this. Yeah. No. And I love your background, being an osteopath because, you know, when we think about this network.

Right. And I have recently, I mean, there's moments right where we all just go down the rabbit hole of learning and yeah, this is an area that continues to just inspire me as I keep going through this rabbit hole, because it's really I call it to the intersection between toxicants, pathogens and trauma in the space.

And then kind of zooming out in the zoom in again, it's all this, this fabric, right. And, and Jeanne-Claude's book and, my good friend Jean Gabriel, it's a lot of this as well.

It's our inner internet. And I keep on thinking about, like, two ideas I want to just share so we can go into the sensitives that this is this fabric, right?

This fabric that actually connects us to the field. And so I know that sounds wacky, but it is. So basically there is we have receptors and antennas. So if we think of the body starting at the skin, but we have a bio field.

And on the other side of that we have the unified field. So we have this sea of energy and information that we always have access to. But in quantum physics it's the observer of fact. Right?

So the more that we observe this, these fields and work with them, the more that we can harness them in order to heal and to connect. I mean, I think our bodies are a big barometer for our spiritual and emotional insight.

I mean, I think that's why we're on the planet. I mean, obviously, explore life and these physical bodies that are, you know, beautiful and with all our sensory experiences.

But, I mean, in my perspective and my framework, you know, this is a spiritual experience on many levels, right? And so when you go and you go out and the faith should be in this fabric and that basically, on the other end, we have these fields and then Jean Claude and James Schuman have a very similar definition.

And, Doctor James Ashman wrote a book called Energy Medicine, and he calls it The Living Matrix. And I've always really resonated with that. And then you Shine the Light just illustrates it. Right.

And it's this idea that from our skin to our DNA, we are connected by this fabric. And that's why osteopaths have such a powerful impact on the body. Because by treating the physical function and putting hands on the body, you have the direct line because of the fascia connects and all the extracellular spaces.

And those structural proteins basically cross over the cell membrane and connect inside the cellular environment through integrins. And then getting into the micro tubulin, which is the cytoskeleton of the cell, and then over the nuclear membrane.

And then there's where the DNA is, which affects, you know, a lot of how we, you know, create physical health or this health and body. Right. And so we are, you know, hands on work with osteopaths and, you know, scale body

workers, Ukrainian sacral or myofascial work.

And we can get into other therapies and they have that direct line of creating, you know, life is when you learn energetic principles like, again, it's complicated.

But then I think of life as the more coherent information and communication we have in this network, the more health follows, right? So our our job as doctors and practitioners is to create more uninterrupted flow of communication.

Right. And so with your hands, there's one that's one aspect of being able to use restrictions and move blockages of energy. And, you know, adhesions and scar tissue can create traffic jams in the special network.

And that's why scars, even releasing happens. A little scar here affect my, you know, neck here. You know, because of what you were saying. Like, you know, the shame.

You can feel the brain, you know. Right? Right. Well, connections. Right. So. Yeah. Well, I have a question that just keeps coming to mind to share a micro personal experience.

And then as a, as from your perspective, I would love for you to share, because I recently had some injections in a knee and a shoulder that were busted up from high school.

Right. Just bother me. I wanted to, you know, do a little regeneration and feel a little bit better. But the thing that was really interesting was as they worked because they worked in the two joints, but then they did a couple of, you know, they didn't call them interference fields, but I mean, they use their their words, but I knew what they were.

But it was amazing. For almost two weeks, I felt like I had our favorite Covid, I didn't I got tested 180 times and I've already had it felt a little different, but like literally like as soon as I got the injections, I was like this rush of energy and I was like, oh my God, everything is moving.

But then it like, I was so happy for the next two weeks that I was feeling like dirt.

## Interference fields and treatment reactions

But what is going on there? Because I think a lot of our patients have an experience, they get a treatment, they have a particular reaction, and then that reaction is labeled and depending upon how you label it, you can either have it be a positive or a negative experience.

And even when you're talking about like, you know, there's this continuum of body, mind, spirit or whatever word you want to use, but it's, you know, our physical being in our energetic being, our one thing.

And they're just we described them differently. So if I were your patient coming to you, what would you explain to me? Like happen and how can we because I know so many people watching.

Maybe they didn't have an injection, but they took a supplement. Like, why is your body reacting certain ways? Yeah. You know, it's multifactorial, right?

A can of worms here, right? Yeah. For you, you know, I think, you know, your basically, you know, putting energy to an area of trauma, right? That has been, you know, often closed off from really circulation, lymphatic drainage or hyper inflamed in that tissue where it's just creating and perpetuating uncontrolled inflammation and, you know, really aggravating that tissue.

So my I, I often and not that we want this, but when we start working with the fascia not lymphatics, it's not uncommon for people to have sometimes flu like or kind of, you know, not feeling well for a few days after they do this therapy and then they think, oh, I'm never doing this again.

But in my framework, this is the actually the thing that you need. But how do we slow it down or support you more? Or, you know, we're getting a system moving that's been stuck right?

And then all of a sudden you're able to actually move toxicants out of the spaces and your body's having, you know, a, you know, it can be so many things that's going on with your immune system, but there's kind of probably a heightened immune response, whether it be things that could create a herbicide or if that's what's happening or aggravating, you know, mast cells and having a dump of histamine and all the glands and inflammatory cytokines.

But the goal is that I really want to get out there. There. I remember Christine Detrick doing a talk on this, and I thought she was just so wise to continue to remind us in this community is that our job is not to have prolonged suffering and treatment protocols.

Right. That is not the goal to have people have, you know, again, prolonged suffering and reactions and their treatment protocols if but there is you know, if we have these ideas of what we call our hooks hanger reaction, they should be 1 to 2, maybe three day events and groups and improvements after, you know, after that.

And then there is a recalibration of the body after that, I really try I mean, I'm a very kind of busy clinician and I get really, you know, I'm booked up, but I'm always like, please reach out to me.

You know, if you're having like, any of these symptoms because, you know, this patient population, God bless. And they are suffering so much that they're like, oh, if I just push through, if I just, you know, I have to get worse before I get better.

And I really I don't believe that. I think there are, you know, healing can be bumpy and Saint is always comfortable as we grow. However, the idea that you have to suffer and struggle for three years before you get better, you know that's not the case.

I totally agree that it's kind of that's horrible. That up for me to share? I mean, do you have any do you see that a lot to people are like, I just kind of push through.

I think it's and I'm and I'm interested in where you think about it though too, because it's yes, the patients are there pushing through. But the other part is one of the things that I'm trying to change, like I, I the definition of a climber you just gave and Christine gives is spot on.

And it's like this 6 or 12 month climber that's not a climber. That's not like I didn't prep the terrain. I didn't prep the person. I'm not working on there.

I'm not working on all the stuff you've highlighted. Well enough. Or maybe I'm trying too hard, but but yeah, I mean, our patients feel like they like they're supposed to be suffering more and more and more.

And I'm just like, no, it's like you're actually worthy of healing and you're here to shine your your light. Yeah. On the planet. Not not to be, not not to hide your light.

And and so I'm always like, well, what's going on here? So. Yeah. So how do we work through those things now? Because I feel like the whole system tells everybody that they have to suffer more.

And the more you suffer, the better. Lyme patient you are, the better Marcel patient you are because you have a worse story. I'm like, that's bullshit.

I know, I know, I mean, we're bringing it to the Marcel, you know, perspective, right? You know, I again, have changed my approach over the years because, again, what I'm learning and everything.

And, you know, we have a pretty good understanding of the underlying causes of like, it's not just mass cells gone awry and you know, there's something wrong with you, but they're responding to, you know, stresses right off and Lyme mold EMR, you know, other environmental toxicants, allergens, you know, you name it.

Right. So we know there's an underlying cause and framework that we have to address. But honestly, here in Tonya Adams, you continue to speak, there's this thought that we actually, you know, some of us will like, okay, treat the underlying cause and the mast cells will get less reactive in the body will get better.

And, you know, that is the idea which we have to continue, but we have to stabilize the heck out of those muscles first. Right. So we're going to start moving, you know, fluids and getting the lymph moving.

And we're going to start, you know, targeting drainage and detox and you know, infections. We have to have a really solid mask. So protocol that we get the patient to, you know, tolerate first or as kind of the, you know, overarching theme that's like the initial piece of.

So that's going to be, you know, and I'm I'm a natural path, but whatever works for the patient. So I'll use compound an h1, h2 blockers and I use mast cell stabilize the compound.

And you know some people where they tolerate over the counter. That's fine. You know I'll, I'll use those, medications if needed. And then again, the goal is not my success criteria is not to be on them for life.

It's to be on them through treatment, to tolerate treatment so that we can deal with underlying causes and that, you know, I, will use a lot of other nutritional therapies.

So we all have our favorite products from Beyond Balance to, you know, different like blends of all the things that I know, Beth has some really good products.

And, you know, the enzymes, you know, so you're, you're just, you know, you're finding that mix I muscle test. And so I use that I use by a resonance and muscle testing to, you know, individualized treatment for, you know, my patients.

So what is one person's protocol is not going to be the next. And so I start there. And then when they're having these reactions. So you know we feel like a broken record right.

In the community. How we take binders. So as your moving, you know, what are the, you know, like what detox things have you done, what drainage remedies are you on.

## Stabilizing mast cells and supporting detox

But do we need to increase your mast cell treatments going through these, you know, flares or pretreat with, kind of loading dose of mast cell support when we're going into interventions so that we minimize as much as possible, you know, these reactions.

So that's like my starting approach. And then we can totally I'm happy to share other aspects of my approach, but I, I think that's that was a shift within me with my treatments within.

I probably like three years ago that I, you know, once I started doing that, I was like, oh, wow. Like people can tolerate treatment. Finally, I'm not like, okay, put this one grab on your belly button.

You know, like like, you know, like, you know, all the things that, you know, you do to introduce, you know, treatment to sensitives. It is it is interesting though, too, because, like, it's sometimes hard to get folks to take actually more like, hey, let's pretreat with more.

But like, well, you know, because we're going to avoid the thing that's going to really kind of open the floodgates. So it's it's a cool place. One of the things that we kind of started to talk about, and I think it's really interesting because you're you talk about our reaction to the environment, the external environment, and then really kind of focused in on like all this cool.

Like that's what I love. Like we're talking about bioenergetics and like kind of almost woowoo stuff. But it's like all

based on science. And the more we study what I found over and maybe you've seen this too is over the years, it's like all this stuff that we innately know and that is multiple clinicians have proven clinically over and over and over.

Ultimately, like 20 years later, science picks up on it. Or maybe even longer. So it's really yeah. So what's going on though? Like we're talking about terrain.

And you had mentioned earlier about like our response, the external environment. And I know that you and I have had conversations about the external environment and our living and being a sensitive person relating to the, the whole.

So I'm hoping you could unpack a little bit of that for us. Oh yeah. You know, I, you know, share you know, my perspective. So you know, I think that that toxic bucket, you know, analogy is always like a good one, specially in this, you know, part of the conversation and I think, you know, with the environment. Right.

We're just we're not starting from ground zero anymore. Right? We know that, you know, babies are born with many, you know, just chemicals that we know that identify in their cord blood.

And, you know, that's not even, you know, thinking about the synergistic reactions between them. You know, we know, like the individual, but we don't know, you know, the combination and kind of how much we're playing with fire. Right?

So or, you know, and and this is kind of like, when I try to explain to people. So a lot of times they will be like, I feel like I got like some patients, not always, but like, they're almost like worse overnight.

Right? Like they're like, I did this and I was like, my health. Did that decline? And like, well, you see that and you feel that. But maybe it's like, again, no judgment, but like maybe you were a C-section baby and then maybe you had, you know, the normal schedule of shots and things and then maybe, you know, like you want them in college and lived in a very moldy environment, and then maybe you're going through a divorce and now all of that hell is, you know, and not to mention all the new vector borne exposures we're having.

Like, it's not this a tick bite at Connecticut, you know, it's all these things were just, you know, you know, exposed to and co-infections, parasitic infections and all that.

And it's like all of these kind of life events that, you know, culminate in that. So we just have to unwind and unpack. So I think the biggest insults to, you know, our health, our, our water, I think the genetically modified food and herbicides and pesticides that are ever growing, I think that's way more of an issue like we know about glyphosate.

But that's like one ingredient in roundup. There is a, you know, way more of a seed. In the depleted soil. Right? You know, so, like, all of that, you know, and then, of course, like, this whole rabbit hole, even of microplastics.

I don't know if you've gone down that one, but you don't really want to. It's just like, just full of plastic right at this point. And then, the ever increasing exposure to electromagnetic irradiation, electromagnetic fields.

And I think we've, you know, I'm sure you've already had thoughts on that here. And just thinking about it like I maybe just to share with you, I do like that perspective.

So, you know, we think a lot of, you know, my, my understanding is evolving in the body that, you know, it's beyond biochemistry that we actually have all these field interactions before we have this lock and key of hormones and receptors or biochemicals and, you know, messengers and receptors, you know, like that lock and key model is I think, outdated.

I think they're all these electromagnetic field interactions bringing these two things together. And so when you think about it, the mast cell is not only going to be, very sensitive to, physical stressors that we went through already, but there's going to be these, disruptions in electrical information that are probably, again, I don't know, anyone just studying a sample, please, a to let me know.

Right. Like, it's just kind of an observation and, working idea that I think is probably there's truth in it, right?

## Environmental stressors and electromagnetic sensitivity

That the mast cells, as the electromagnetic environment is becoming way more stressful in our everyday life and our modern life on top of already, like all the things that I just mentioned, a couple of them, right, that were up against that, I feel like, you know, those field interactions and that radiation stress is actually disrupting our communication network more and more and creating a, a hypervigilance and more easily releasing of these, you know, molecules of information that we've gone through.

So I thi I really feel like and there's a happy story on the end of it, I'm not going to be a bummer, but I feel, you know, like on one level that these individuals are highly sensitive, energetic beings.

Right. And so they're responding to way more, I think, in disruptions in their electromagnetic environment than we realize. And so on the flip side of that, there's a whole emerging field of energy, right?

And that's going to be the, the, world, looking at the bio field and looking at frequency and looking at sound and light and, you know, all sorts of different devices that are coming out.

I know we're both friends with Harry. I'm also friends with the people at Freedom Waystation. And, you know, I think the medicine of the future is going to be way more, acknowledging this part of health and bridging this part of health.

I don't think we have to throw away our understanding of biochemistry at all. I think we just we need to put this is part of the equation and allowing things to work better that way.

And, you know, treatments in the field that work with field, you know, field science and our biochemistry to really, you know, create more. I in my bio and say we're always trying to make our treatments better.

Right. And I think these tools have the potential to accelerate and stabilize these patients more. And and they work. I mean, these are energy sensitives.

And so I do a lot of energy medicine, with my myself patients. You know, I it's just so important. And because I feel like I was super sensitive and then everybody around me told me it was wrong.

Like they didn't know what to do with me because they had blocked it off. And then so then I get, you know, I get Lyme and heavy metals and bees and all this fun stuff. That was part of my healing journey.

And at the during that process of going through chronic illness and healing, not only did I learn a lot about the physical and the emotional aspects, but I learned that I was fighting my original birthright and my original way of being on the planet because of an external factor.

And I. I changed my story because I didn't know I was just looking to the people around me. But then the gift of my chronic illness was I realized that that sensitivity wasn't bad.

It was just something I didn't know what to do with. And then I learned that like, hey, I can be wide open or I can learn to tune it down. But that awareness allowed me to understand that some of what I had labeled as negative before wasn't.

And some of it like you were saying, the reaction I had to the shots and the and the reactions I had, like when I used to go in stores and I felt like the fluorescent lights are literally attacking me.

It's not like it's fun and pleasant and it's not okay, but at the same time it's not. It's just part of my experience. And I can, I can choose, I can learn with the.

And also sometimes I needed a lot of treatments, but I could learn how to be in the world where when the moon, like you're talking or like the moon changes and and it changes a lot with the ocean and we can see the gravitational pull, but it affects me and I can learn to like, rejoice in that and be aware of it and then turn the rheostat up or down.

Now, I love that. I mean, on the on the right. The beauty of this conversation is how highly interconnected we are from, you know, nucleus to, you know, beyond.

There's a fabric that connects us and we're connected being, I don't know, cross country or. Yeah, you know, like there is this reality once you realize that none of us are separate and we're all interconnected through this invisible field of information and energy.

And the more that we embrace that, the more there is this magic of life that I'm, you know, a student of. And I'm trying to learn in my own life and my own experience.

But it's, you know, I I've been amazed when I've learned these principles and really try to embrace them and try to do the work within how the environment around me changes as well.

It's so good. And the thing you just like inspiring me is like, I feel so connected in our conversation and I feel so connected to the world. When you work this way, our so many of us in this sort of sensitive chronic illness world, one of the things we're missing is community.

You know, we're feeling more separate even when we get into Facebook groups or whatever. Like you're sort of connected, but it's kind of like more connected through bitching about the things that didn't work rather than the feeling the life for us and supporting each other.

And this is really such an invigorating sort of conversation when when you talk to someone who's sensitive, right. As we kind of bring the whole thing together because, I mean, we could talk about all the principles and all the nuances for I feel like for days on end, what is the hope and what is sort of that, that that principle that brings it all together for your patients?

Yeah. Yeah. I think the goal is resilience. Right. And I think there is this conversation, during, our environment and controlling our environment in order to thrive, in order to live a healthy life.

Because if we do that, then we won't be safe. And there's a lot to unpack there. You know, lots of, you know, traumas and childhood messaging and, you know, not to say it's not real, but like, I'm very much like we have to embrace how much more of a participant we are in life.

## Resilience, healing vision, and closing thoughts

And, you know, all the things that make us unique and who we are from a conscious and unconscious level. And I think the more we're willing to do that, the more empowered we are and the more life starts to shift.

And so, you know, my, you know, perspective. I'm sorry. I'm really dancing around your, your your question. But to bring to bring this, you know, into, you know, an empowering conversation.

I mean, I guess I just want to maybe end on this, visualization for people. So I'm really into obviously, I really respect the physical body, and I really try to learn as much as possible.

But as you probably can gather, I'm really inspired by this other realm of healing. So I had a patient, she actually worked with my colleague. She, we can see each other because I'm, for whatever reasons.

But she would work with my colleague, and my colleague was keeping me up to date with her care. So she was a hands on mass, and my colleague developing things.

Of course, all the right things. The mole, the parasites, all the things. But she told me she saw me in the hall and she said the some of the most profound work she's doing is with the work of Joe the Spencer, which I'm really into.

But there's many paths to this truth. Right. And but I think he gives us a modern day language for this truth. But she said that this work has been really profound.

And then part of her morning meditations is visualizing herself eating and shop the crystal in Paris with her son. So she was like limited to like three foods, right?

And so that reality from point A to point B was like, that seemed like a wild gap. But she stayed because of those principles. She stayed connected to that vision of her future for every day.

She put work into that every freaking day. Not for like two minutes, for probably hours. Right? And so when we got that picture of her having a chocolate croissant in Paris with her son, that is when I could not turn back.

Oh, it's possible for people. And so I really think that we're way more powerful than we ever can even think of, and that I don't want this. Anyone who's listening to think that healing is just living in the home, controlling my getting the best job, free EMF protected house.

Please do that because that's smart. But at the same time, you know, that's not like you got to go out and live life and be connected and you know, and not limit your experience life.

And so I just share again, everyone's going to walk their path. But that story, I hope, is a story to inspire you of not putting yourself in a box and thinking you have to live in there forever.

I love it so much and it's so funny because like so many of the stories that people often tell about, like how you can you know, what you focus on you, you know, you create that as your reality.

Or like Joe says, what you think about, you bring about and all that stuff. It's always this big ass thing. It's it's crazy. Like, oh, I thought about $1 million yacht and I manifested it in five years.

But the reality is we're overlooking the simple beauty of being with a family member in a place that really inspires our heart. And, I mean, I think most of us know a chocolate croissant.

Unless you really hate chocolate. Pretty yummy, you know? And it's like, I just as you're saying, it's like it lifts my heart and everything you've talked about.

I think it really inspires me, and I hope everyone listening gets inspired to know that all the work that Christine is doing is like helping you to, like, live in the moment and like uplift your heart and like the emotion behind all of it, because you got all the science and all the biomedical and all the energy medicine down.

But it's really that, like in finding that thing that really resonates deep in your core, that is you, because you don't want to be Doctor Christine or Doctor Tom, and you don't want to live our lives.

You want to live yours. And so, Christine, I mean, oh my God, how inspiration all oh thank you, thank you. I thank you for giving me the opportunity to partner with you and Beth to get the something out there.

I think it's going to help so many people because I just feel like there's so many people who can identify with this framework, and I just push all of us to see it, embrace it, but move beyond it. So.

Well said. So with that, everyone check out doctor Christine Schaffner at Conveniently Doctor Christine schaffner.com and we have all of her information for you as she's our amazing co-host on this event.

And thanks for joining both of us on this episode of the Reversing Mast Cell Activation Syndrome and Histamine Intolerance Summit, and we'll see you in the next episode.