Opening on Mind-Body Chiropractic

So in the world of chiropractic, it's all about trauma, toxins, and thoughts. And there is that physical alignment of the spine, but that's what frees the nervous system.

And the nervous system is all about that energy flow. And so when the nervous system is flowing, actually functions, helps your body be in that optimal state.

And so it's that mind-body connection. When you're studying the spine and the different correlations of the spine, there's a direct path from different areas as far as where the heart is, where the digestive system path is.

And so I may be looking at someone in a structural state, but I know that there's a visceral body connection. In other words, the organ systems and how it all ties.

And so Even though it is in that functional medicine world, I like to call it functional nutrition because it's all about up-regulating and down-regulating what needs to happen so you can function at your optimal path.

And I'm Christine Genovese, creator of the Soul Intelligence Method. We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically.

with real proven strategies, protocols, and tools you can use in your practice today. Well, hello, everyone, and welcome back. We're live in Studio 109. This is The Holistic Truth, and I'm your host today, Jamie Dorley.

And I got an incredible dynamic duo joining me today. I am so lucky and blessed to have these two on here. Of course, the co-host, the one and only straight out of New York City last weekend, Christine Genovese, our chief growth officer and the creator of the Soul Intelligence Program.

Welcome back, Christine. I'm not going to ask where you are and put you on the spot. You may not be aware, but welcome back to the show. We appreciate you making so much time after the incredible Soul in the City book tour.

Thank you so much, Jane. Yeah, it's been a whirlwind weekend between our professional training event and then booking it to New York City and doing the book tour and having a billboard in Times Square.

It's pretty amazing. Pretty amazing what's developed. Yeah, and I heard this morning how it's the right time and right place for everything, right? Absolutely.

Well, I'm absolutely thrilled to have our guest on today. Dr. Janelle Whitehead is not only someone that I admire professionally, but personally, she's become a dear friend and someone that I enjoy spending time with.

So I'm excited for her to share her special brand of healthcare with us today. Yeah, and they say you become the average of the people you hang out with the most.

So if I'm hanging out with you two, I'm doing pretty good today. You should feel special, Jamie. Oh, I feel very special. Thank you so much. And when I first heard about you from Justin Elliott, who is our rep in Texas, he was raving about you.

Welcoming Christine and Dr. Janelle

And I think he sold you short because you're even better than we expected. You do incredible work. You've been a leader and not only chiropractor with functional medicine, applied kinesiology.

And I think it's the passion by which you do it professionally, personally, you're such a sweet person. And I'm delighted to have you on the show. So welcome Dr.

Janelle Whitehead. Thank you. It's an honor to be here. And I tell you what, don't mess with Texas. I'm not going to mess with Texas today. I love the flag behind you.

And you are in where? Grapevine, Texas? Yes, so you know you have East Coast and you have West Coast. We'll look for the pond in the middle with some catfish and smack dab in the middle of Texas.

That's where I am. Dallas and Fort Worth. Great Vine is where my actual clinical practice is located and it's right in the middle of those two beautiful cities.

So I absolutely love it here and it's an honor. Yeah, and we're talking this morning, you know, we like to give a lot and sometimes we put extra pressure on ourselves, but we're talking about, you know, God has the right time and the right plan for everybody.

And, you know, sometimes we put too much on ourselves, but we all like to give a lot. And the reading I had today was about the right place at the right time and trust it.

And I want to see your thoughts on it because both of you guys are incredible, not only mind, body, but more importantly, spirit and soul. It's truly divine timing.

There's no doubt about that. So much of the time we get caught in the external whirlwind and the chaos of our lives, we forget to just be still and come into that heart center focus because we know that the whole entire body is connected.

And yes, we have our beautiful analytical brain. We have that gut intuition, but there's actually more nerve endings and cells in the heart. And so when we go back to that heart centered focus, and bring it all together.

That's where we're truly in that divine design alignment. And it's fascinating. And that's where your passion and inspiration comes from. I might have a tear, Christine.

I know you got some thoughts on the brain versus the heart and the energy of both. So let's hear it. Sure. Well, you know, does it, does it make sense why Dr.

Janelle and I vibe? And the second we met each other, we were like, oh my God, soul sister, I know you. Yes, we speak very much the same language. You know, the HeartMath Institute actually did a study about the electromagnetic field around the heart versus the electromagnetic field around the brain.

And so we spend most of our time strategizing, calculating, figuring all that stuff up in our brain, and that's got a two-foot wide electromagnetic field around it.

But the heart has a six foot wide electromagnetic field around it. So it is infinitely more powerful than our brain. And so when we talk about things like heart centered leadership, or like you just said about, no wonder, you just said how many nerve endings are in the heart, right?

We have to spend a little bit more time, I think, thinking about you know, feeling it out as opposed to thinking it out, right? I think we spend so much time, even our language is around thinking, right?

I can't even get over that word right now, as opposed to feeling into things and spending time in that feeling that we want to magnetize things to us.

And I think we forget that we're these you know, energetic beings, right? We're new protons, neutrons, electrons, vibrating an electromagnetic field. We're constantly magnetizing things to us, good and bad.

So how does that show up for you in your practice when you're treating patients? It's there every single day, no matter what. I'm one of seven chiropractors in my family and I never got into the world of chiropractic to do only chiropractic.

I really truly got into to be able to do functional nutrition. One of seven? I know. Holy smoke. Think about how many people your entire family have affected in a positive way.

That is incredible. I had no idea it was seven. That's amazing. Was your dad a chiropractor? I believe I remember that, right? My dad, absolutely. He was an incredible healer.

He practiced all the way up until he was 80.

Heart-Brain Energy and Divine Timing

and then took some time off and then my brother and immediate family and then uncles and cousins and you know a few others. Wowza! Well tell us about your special brand.

You said you knew you didn't want to just do chiropractic. So let's talk about what is your special brand. So in the world of chiropractic, it's all about trauma, toxins, and thoughts.

And there is that physical alignment of the spine, but that's what frees the nervous system. And the nervous system is all about that energy flow. And so when the nervous system is flowing, it actually functions, helps your body be in that optimal state.

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Even though it is in that functional medicine world, I like to call it functional nutrition because it's all about up-regulating and down-regulating what needs to happen so you can function at your optimal path.

And it is a lot of fun. Joe's going to be so excited because he said he created functional nutrition. Now I know where he borrowed it from, from you, Doc.

Yeah. But I love it because, you know, that was the co-founder of Nutritional Frontiers, a late, great international icon. Dr. James Winer was an AK guy, chiropractor, but he also did, like you do, the myofascial release, the trigger point.

And he always hated the word functional medicine because he says, we don't use medicine. It's a complete… contradiction. So I love our functional nutrition.

And can you tell us a little bit of how it's evolved since you started practicing? Because I know what you do now is chiropractic nutrition. You do all the AK.

You're doing diet plans for people. And you had mentioned a word before we got on the show about how noisy these external environment is. So can you talk about the patients now that come in and how we think they're a lot worse than they were before, but some of the factors involved in that?

Yeah, absolutely. So in 21 years of clinical practice, we've seen lots of different things. And it used to actually be a whole lot easier to bring a person into a state of ease versus dis-ease and dysfunction.

And it definitely goes back to what I call the three T's, trauma, toxins, and thoughts, but it's aligning the physical It's aligning the food and quality supplements with integrity and beautiful formulations, and then aligning the emotions

and the thoughts.

Because emotions, people get kind of freaked out about that, especially with dudes, but emotions are just energy and emotion. It's that beautiful flow that happens throughout.

And so I think one of the things that happens, people talk about the trauma or the traumatic events and we are a representation now of every trauma that we've walked through since birth and even pre-womb.

So it's a matter of what those traumas are and where they resided in the physical tissue of the body. So there's a difference between traumas and triggers.

So triggers are actually never about the event itself. It's actually the neurological response to the events and that emotion. where was your nervous system in essence attacked?

Is it internal or is it external? And when your nervous system is forced to respond, whether it's fight or flight or freeze or fawn, then the body has to go through different physiological motions in order to clear those pathways.

It's all about the brain-body connection. And so when I started off, it was definitely a nutritional aspect. I wanted to be a doctor, Well, I wanted to do nutrition with a doctor brain.

And so learning about the different function of the body, that's what threw me into kinesiology, muscle testing, reflex points. And straight out of chiropractic school, I actually was hired by a different nutritional company, which I still love.

But one of the things in the training was… You still love, but you don't love them as much as us, right? I just want to… Come on. I'm fishing here.

Come on, please. She said she has a love affair with Nutritional Frontiers. Oh, I love love affairs. Perfect. The initial training was called a nutrition exam.

And it's literally going through all of the different body systems to determine which is a priority. And one of the things that comes up is you have to be able to connect with patients in that heart space.

Trauma, Toxins, Thoughts, and Functional Nutrition

and I call it the magic wand principle. Out of all the things that are going on in the body, physical, chemical, emotional, spiritual, what is your magic wand?

If you had a magic wand and you could wave it over your body and fix one thing and it go away and you never have to think about it again, what would be that priority?

And so that helps connect dots and it helps build that relationship and rapport with people So no matter what I'm testing, whether it's actually through labs, whether it's kinesiology, whether it's literally laying my hands on their spine and feeling inflammation, whatever it is will show up and you put your doctor and diagnosis component on it.

But then you're connecting with the patient to find out truly what is empowering them, disempowering them and where the heart of the matter lies. Oh my gosh.

Let that soak in the heart of the matter. Wow. The magic wand. I'm hearing this because, you know, my background in the nineties was personal training.

And I would tell people it's half training. It's half personal. And, you know, sometimes in between the sets was just as important as we did within the set.

And of course, Christine's program, the soul intelligence. So what a huge connection. I can There's so many

thoughts going through my head right now, speaking of thoughts, yes.

Well, I mean, I love how you bring, you know, we talk about what being in the field of integrated medicine or functional medicine or functional nutrition, what does that really mean?

And I think one of the unique things about you and your practice is that you really incorporate mind, body, and soul. And you embody that not only, you know, in how you practice with your patients, but in how you choose to lead your life.

be, you know, really embody healing on all of those levels. You know, obviously we speak the same language. We know that the energy that gets trapped in the physical, mental, emotional, or energetic body has to be released.

And doing a biomechanical adjustment helps to get your spine in alignment. So then we can also go in and do a bio-energetic adjustment in a number of different ways, whether it's the soul intelligence method or other ways.

And I loved how you talked about your three T's that you always look for, the trauma, the toxins, or the thoughts. and then separately what triggers those things to come up.

A lot of what gets released when I do work with people as well is finding what are those underlying traumas? Because I think most of us think we've worked through issues because the brain takes over and we think we've done it.

Oh, I did the therapy. I got rid of all that. You don't realize what's stuck in the subconscious mind. Or I often say the physical body is often the barometer to what's really stuck in the subconscious mind, right?

Because it'll show up in the body, right? And I'm sure you see that on a regular basis. So of all the things that you treat on a regular basis, what do you think is the most common that comes in that you've got like the Mac Daddy protocols for because you see it all the time?

It definitely goes back to the gut-brain connection for sure. We all know that there is a massive correlation with it and the gut-brain connection, it's like that two-way master system.

It's kind of like a two-lane highway in Texas, a beautiful road and it's in the country and things are relaxed. Well, not anymore. Basically what's happening now is it's a six-lane super expressway full of smog, toxins, constant detours, constant traffic.

And so the brain, the analytical brain definitely gets overwhelmed. And so when you start with the gut, no matter what's going on in a patient's world or client's world, if you start repairing the gut and calming the GAS, General Adaptation Syndrome.

That's a Dr. Hans Selye model of how our body adapts to stress or resist or reacts. And so if you can find ways to help the body respond, it makes such a big difference overall.

And You know, chronic stress depletes the immune system. 80% of our immune system is in the gut. And so we have to focus on how our body is internalizing these stressors from the external or that internal world.

And it all goes back to sympathetic and parasympathetic dominance. I know y'all are familiar with those. Well, share. Why don't you share? Unpack that a little bit.

Yeah, because what you were saying earlier, I mean, you know, this whole noisy world, right? So when I talk to family or friends that aren't into what we do as much as we are, it's hard for them to understand that concept, right?

Because they're living in that fight or flight syndrome all the time. And is that what you're seeing with your patients affecting the gut-brain connection?

Absolutely. Whether they feel stressed or not, they are. Absolutely. So you have your sympathetic system, which is that fight or flight, the gas pedal, pedal to the metal, go, go, go, handle all the things that we have to do.

And then we have parasympathetic, which is our system, rest, digest, heal, sleep, libido. And those two systems are supposed to run neck and neck throughout the day.

And unfortunately, so many of us have been through so much trauma, so many triggers, especially the last five years. that our system has been overwhelmed, exhausted, and depleted.

In that gas or the general adaptation syndrome, basically there's an alarm phase, there's a resistance phase, and then there's the exhaustion phase. We have to look at what happens because when the body is in that either resistance, well, any of the three phases, it's going to shut down digestive function.

When your pedal is to the metal, your brakes can't engage. They're trying to, but it's not happening as efficiently as it should. So usually what happens is we've gone, gone, gone.

So sympathetic overload and overdrive for so long that that parasympathetic dominance has we've forgotten how to engage the brake system. And so our sleep is messed up.

We're exhausted in the morning. We're struggling through the day and then at night, all of a sudden our brain switches on instead of being able to rest and sleep and repair, that cortisol is so high that it can't calm down.

Therefore, we're not digesting all of the things that we have experienced throughout the day and dealt with the toxic environment that we're up against.

Gut-Brain Stress Response and Adrenal Support

So what is one of your go-to protocols that you would use for someone that can't seem to engage their brake system? Because I may resemble that remark right now.

What are you just saying? Asking for friends. All right. I use a two-prong approach because it's always about helping the body heal and giving it the right raw materials, along with obviously good food, et cetera.

But I use something called beta-zyme. Y'all know beta-zyme so incredibly well. It really works on that liver-gallbladder connection, because going back into the emotional component, when we're stressed, we're frustrated, gallbladder, sometimes we're angry, liver, and those manifest as fears in the body.

And it's really not about the fear. It's about us hiding the fear to be able to move forward into the next mode. So something like Betazyme, it activates that liver gallbladder pathway.

And then I come in with a beautiful adrenal protocol, which is the Adrenamax. You can use adrenal glandular, which is the beautiful gland component, but Adrenamax uses adaptogens and tonics.

And tonics are the herbs that tonify the adrenal glands and help give us a little zip in our step. It actually helps give us some energy, but it's calming energy.

And the adaptogens actually adapt the body to our stress levels and where they are right now to get to that next level. And so those two things together are some of my favorite as far as a combination component.

Yes, we'd still need to repair the gut and other things. We can talk about that a little bit later. But as far as immediate results, those usually are the first two things that I put people on no matter what's happening in their world.

Yeah. And you're describing the average person, right? Stress and tired during the day, stress and wired at night. In fact, one of your colleagues, Dr.

Bob from Houston, one of our brand ambassadors, he says, yes, do a stress reset for everybody because they're so hot when they come in. He can't even get to the gut and detox it.

Do you feel the same way? Absolutely. Back the first five to 10 years of clinical practice, I put everyone on a detoxification protocol. Yes, whole foods, good supplements, et cetera, but what I'm finding is people aren't even ready to detoxify because their guts are so destroyed by the inflammation.

Of course, inflammation is fire everywhere. And so you've got to start, you got to peel back and go with that basic underlying foundation to help that gut repair.

And then what you find is when the gut is not overwhelmed, people are able to get into that heart space and really see, okay, what is truly causing the triggers of the traumas that keep happening in my life?

And how can I address them to move forward and totally heal from the inside out? So I know you customize protocols. Everyone's different, right? Personalized medicine and personalized nutrition.

But can you give us some general rules of thumb? You had mentioned the Adrenamax and the Betazyme, some dosing and timing of these, because I learned recently from our team, you can take Adrenamax at night.

And I would have said, no way. But I'm very open-minded as you guys know. And I says, well, let me try it at night and pleasantly surprise. I didn't have that two o'clock wake up, which I learned from Chinese medicine could be liver anger, frustration, which you mentioned before.

And Christine was nodding like both of you are. So, um, you guys, am I the patient today? I guess I am. I don't know. I think we could all step into that.

So can you give us some general rules and guidelines about the beta-zyme and adrenomax and how you use those? Absolutely. So with Bay enzyme, I usually start off a little on the cautious side.

I usually do one per meal. This is why I love this, you guys, Nutritional Frontiers. Used to with previous companies, I would have to put someone on two or three different digestive enzymes and products in order to make a difference in the beginning.

And there's so much beautiful formulation in each capsule that I find most of the time people respond with one per meal is great. with the Betazyme. On Adrenamax, I typically recommend two in the morning and two mid afternoon.

If they are having trouble with sleep, then that evening one, you can always back up the Betazyme and the Adrenamax together and do it right before sleep to be able to calm the brain so you get into a good deep sleep and stay asleep throughout the night.

Well, I love that protocol. I mean, taking the Adrenamax at night really helped me a lot. What are some of the simple things somebody listening to the show can learn about some of the misconceptions or pitfalls of the current food that people are consuming?

Where do I even begin? Such a loaded question, Jay. Well, first of all, what is food, right? Because what people are eating, I say it's junk. There is no junk food.

It's either junk or food. It's either fuel or poison, period. Oh, I love that. I think we're going to steal that. We're going to steal that. And your food.

creates your mood. And so if you're eating beautiful, good quality foods, and especially building any meal that you have or any snack that you have around good protein and around good fat, you're fueling the brain and you're also calming the digestive system where it's regulating blood sugar.

Because blood sugar should be like the nice rolling green hills of England throughout the day. or the Texas

countryside. But most of us, what's happening with blood sugar is it's peaks and valleys.

It's like the Texas giant roller coasters. It's up and crashing up and crash. And so with food today, again, you know, we've heard so much misinformation out there.

And so if you can start with beautiful protein and good quality fats and oils, that's going to make a huge difference. If you intermittent fast in the morning, that's fabulous.

But whatever you break your fast with, whatever time of day, make sure that there's some good protein and fat in there. So, of course, what's a beautiful protein?

My beautiful protein is super shake for breakfast, but do you recommend people do the shake a day? Do you rather eat food? Shake a day is fantastic. And which one do you recommend?

Just curious. I go back and forth between the ultimate shake, even though it's part of the clean and lean detox protocol, as well as the super shake. And then sometimes I throw the net zero keto in there too.

But when you're pressed for time and you know you need immediate good nutrition, that's where that ultimate shake is so beautiful. However many 70, 80 different nutrients in that particular shake, It is such power packed with easy digestible proteins that the body can immediately use it and build a foundation on it.

So that's one of the ones that I use. If you're not able to do a shake or you're not a shake kind of person, then any kind of good protein, whether it's eggs, whether it's avocado, good chicken, I eat a lot of dinner foods for actual breakfast or my first meal of the day, which typically is more around 11 or 12.

So I prefer those foods over the typical breakfast cereals and things along those lines, because all they do is spike insulin levels and blood glucose.

Yeah, it's funny because we were just talking about this, you know, they actually yesterday I didn't do a shake in the morning and my diet was just not as good yesterday, to be honest, right?

You know, I had some family and relatives in town and we went out to breakfast and it just didn't quiet. And I was thinking like last night, what went wrong today?

I said, I didn't do my shake, you know, um, where you, even on the road, you know, we'll bring our shakes with us. It makes such a big difference. What are your thoughts, Christine?

I know we just talked about this. It was like. Yeah, well, I have been carrying the clean collagen protein with me because it's this wonderful light cacao flavor, and I'm, you know, very conscious about getting collagen into my system.

So using the hydrobrief collagen protein that's in there is also really good for me. So I've been doing that with our chocolate proline greens. and that combination seems to do really well.

And then, of course, I throw in our Raspberry GI Complete, so it's a nice chocolate raspberry because I want to heal and seal the gut. And to your point, you know, you talk about the gut-brain connection and how important the gut is, and that's one of the reasons why we always start, you know, when we're working with someone with the gut, right?

Hippocrates said that health begins and ends in the gut 2,000 years ago, and here we are coming around to it, right? Where people are like, wow, really?

But when I am, you know, excited about something or a little stressed out about something, the first place I'll feel it is my gut, right? The butterflies in the stomach or something bad happens.

You get bad news. You feel like almost like it's a punch in the gut. And I think the reason, you know, that is, is because the stomach in particular where that is, holds food, right, or processes food.

GI Complete, IgG, and Gut Repair

And it is also where we hold emotions or process emotions or don't. And so I think that is also why we have to focus on the gut so much, right? From an energetic perspective, that's where it is.

And I know you're familiar with the chakra system, but the third chakra is really all about our self-esteem, how we show up in the world, how we feel about ourselves, how we put ourselves out there.

So of course it's the first place that's attacked. And when we think about what causes us stress, it's usually relationships, right? How do you avoid that?

We work with people. We're around people all the time. So that is usually the first place that we get hit is the gut. So I love hearing how you, you know, that's one of the first places you start as well.

And it's really important going along with that gut connection because it's also the relationship with ourself. And where we are connected in the womb, it starts in that place.

One of the things that I love to talk about with people because they don't they're not as familiar with it is the ileocecal valve. So the ileocecal valve is just the valve between the large and small intestine.

Most of our nourishment, nourish your life, nourish your soul begins in the small intestine, but then we have to eliminate toxicity with the large intestine.

So the ileocecal valve in between there oftentimes gets floppy. When we are in the state of stress and disease and dysfunction, that valve forgets to work.

And so most people do not remember ileocecal valve. So I just call it the idiot valve. The idiot valve is not working because of all the stuff going on.

And so we want to encourage that beautiful connection And oftentimes, the sicker a person is and the more things that are going on, you have to go back to that beautiful foundation level.

And what Christine said about GI Complete, GI Complete, of course, it's the number one sales for Nutritional Frontiers because it's such a synergistic, beautiful combination, and it's a powder, so it's easy.

But if you do not know where to start with a patient, the more complicated, the more crazy the case, if you'll start them with GI Complete and IgG, those two, and I actually have a dose.

I do one scoop twice a day. For a 30-day protocol, you will start to heal and seal the tight junctions of the intestine, and that idiot valve, the ileocecal valve, starts to open and close when it's supposed to versus flopping around.

We don't like floppy things. All right, we're only that one alone. I got a question. Is there an adjustment you do also, like a biomechanical adjustment to get that valve to work properly in addition to the nutritional support?

And then I'm going to ask Jamie to talk about GI Complete and IgG because we know what we're talking about, but I think people need to understand the immunoglobulin and what's in both of those products probably.

But tell me, do you make an adjustment to that valve? I actually do. And it's just, it's really simple. It's really simple. So if you want to locate it the easiest way is take your finger, point to your belly button, and then find the hip bone on the right hand side.

So if you have a finger in your belly bone, a belly bone in your belly button. I got fingers everywhere right now. Hold

on. Absolutely. And hands on that top part of your hip bone, it makes a diagonal right at that 45 degree diagonal in the center is the easiest place to find the ileocecal valve.

You literally can massage it. You can massage it up towards the sternum or down towards the bottom of the pelvis. And oftentimes that will help release it.

And so that's an easy way to do it. Sometimes people don't want to poke Because that area is super sensitive, so you can tap, you can increase vibration there.

Just little things make a big difference. Does dancing help? I need to know. Dancing? Oh, absolutely. Okay, good. Especially on a coffee table. Okay, excellent.

Good to know. Increased elevation also helps. I like it. So Jamie, can you share with everyone why is our GI complete so powerful and why Would you pair it with the IGG as Dr.

Janelle suggested? Great question. So, you know, at the World of Wellness that Dr. Weiner previously owned and we own it now, you know, we have all the brands, some of the brands Janelle's talking about and all the most popular brands out there.

And when I was doing nutritional consults, when we started Nutritional Frontier 17 years ago, Dr. Janelli may not be aware, but I was doing the consults, the nutritional consults, because I want to get in the front line and realize, you know, what are the formulas that work?

What are the ingredients that work? What's compliance like? What are people coming in with? And after a while, I realized people are really toxic, like you said, right?

Their GI is a complete mess. However, when I would recommend these protocols, there are so many products in there. One was cost, two was compliance. When do I take them?

Why do I gotta take them? Okay, we don't put this all in one. So we started putting together a formulation. So GI complete is really a comprehensive formula that's about eight different products in one.

That's why we call it a formulation. So you have the glutamine to really, that's the fuel for those muscles, the guts and muscle. When I talk about leaky gut or dysbiosis and all these things, You know, the muscle's broken down, just like the bicep muscle breaks down.

So the glutamine is very good fuel for the gut, for those muscles. And then we have some interesting ingredients, like the Arabinoglycans will actually increase the number of immune cells.

Dr. Janell mentioned, I'm a good listener, that 80% of your immune system is in and around your intestinal tract. And isn't it interesting how many autoimmune conditions are rampant today?

I wonder if it has anything to do with the food and the toxicity. Well, the food, the clot shot is a combination of many things, right? The stress people on the, I learned from Dr.

Jeff Blaine years ago, when stress goes up, Healing of the intestinal tract goes down. Absolutely. It's not rebuilding and your guts really like this really complex system, but I equate it to like a lawn, right?

If you drive over the lawn enough, it's going to wear out. And if you want to heal that, you got to put down the right fertilizer and seed and water. And sometimes you even got to.

you know, put a rope over the area, you know, don't go on it because it's that sensitive. So if your gut is broken down to that extreme, you need to be very, very strict with the program to heal it.

And, you know, autoimmune is just a lot of things that would normally get processed through the intestinal tract

have now, quote unquote, leaked. into the bloodstream and the immune system says it's a foreign invader.

Usually it's undigested milk products or proteins, right? Or junk food or artificial colorings or, you know, yeast and parasites, all these things. So from our standpoint in functional nutrition, it's a very simple process, right?

The average person is just so foreign to them. But the other example I like is like grandma's house. When I went to as a kid, there was no air conditioning.

You had the screen door. And I would allow the air in, but keep the bugs out. However, my older brother, who some of you know, pushed me and my hand went through the screen.

Suddenly the flies were coming in and my grandma was screaming. That's the same way with your intestinal tract. Once that's broken open, It'll allow bugs in there, like what?

Candida, parasites, bacteria, mold, funguses, they get in a bloodstream and now the immune system turns on. If it turns on often enough, that's what they call quote unquote autoimmune.

I know that because unfortunately when I was in sports medicine program about 30 plus years ago, I got diagnosed with a autoimmune condition psoriasis.

So I learned years ago, this was tied into liver function, stress, and also Candida. So the GI Complete has another couple of ingredients that are really, really powerful, important.

DMG, dimethylglycine, darn mighty good. This has three US patents. You know what they're for? The US patents. Yes, they are for RA, right? Rheumatoid arthritis, osteoarthritis, and it's been shown to reduce cancers in some animals.

Absolutely. The big ones for this discussion is RA. Most people, when they go, like I did to the doctor, she'll say, hi, you have an autoimmune condition.

It's genetic and there's no cure. and we'll start you at NSAIDs and when it gets really bad, we'll put you on sulfasalazine and methotrexate, all these really.

I said, why don't you start there? She says, there's too many side effects. I said, oh, so the plan is to wait till I get really sick and then add in drugs that have even more potential.

It's insane. You wouldn't do this with any, you wouldn't take your car and say, hey, your tires are bad, wait till it gets really bad, then we'll change everything.

No. So the other key ingredient in there is zinc carnosine. When you bind zinc with carnosine, actually a lot of published studies in Asia, they put this in everything for peptic ulcers and that structure that the zinc carnosine can actually attach to any wounded sites in the intestinal tract and immediately start the healing process.

So the cool thing about GI complete, it's an all in one formula. If you want to add IgG to it, you could, and why would we add that? To me, this is like the bouncer or security guard at the store, right?

Have you run into a few of those James in your, in your life? I actually like to observe them from a distance now. Yeah. So at the old days in the club, you would see the bouncer basically bind to somebody, neutralize them and then excrete them and take them out.

The bouncer and the GI track. I like it. Hey, we get it. A lot of people understand that. Could be a security guard, right? So seriously, what it does, it will bind, neutralize, and excrete any mycotoxins.

The studies are unbelievable. This is a prescription at five grams in teragram. Mycotoxins, C. diff, H. pylori, candida. It goes on and on. The cool thing is that It's short-term.

You don't have to take this for more than six weeks. And actually what I've been doing each morning for my pre-workout now doc, you may like this one is GI complete IGG with super creatine.

And I, when I do that, you know, the belt gets a little looser and I feel so much better.

Closing Thoughts and Where to Find Dr. Janelle

There's magic and synergy. Yes, absolutely. Well, Dr. Janelle, are there some final pearls of wisdom that you want to share with us, things that you feel people must do in order to have a healthy start, a healthy foundation?

And also, I would love to invite you to also tell us a little bit about your practice and where people can find you. Awesome. Wow. I think really when people start to dive into that health and healing journey, it's not about the destination.

We're not just trying to get to an endpoint. There's ups and downs. And so when we meet people where they're at and take them to the next level and breaking it down just piece by piece, what's going on in the gut, the heart, the brain, and how we help them live a better quality life.

It's not about a whole bunch of rules. Yes, there are solutions to the pollution in the body, but it's a matter of teaching lifestyle. So that way you have a quality system that lasts.

It's not about all of the rules. It's truly about the vitality that you bring. And it really boils down to when you connect to the heart of the matter, when you're connecting with people and where they are, you can see their light shine.

The eyes are the window to the soul. And most people that we see nowadays on the streets, there's that dullness, that there's darkness there, and their soul is just working so hard.

It's that beautiful energy that's on the inside. So when we'll give them some solutions, when we help them repair, it's a matter of seeing that light on the inside, get inspired, and actually go out into the communities.

There's nothing more contagious than the human soul on fire. And that begins within with good quality nutrition, lifestyle, and changes. Get out in the sun.

be surrounded by beautiful people and a family. That's part of the reason I love Nutritional Frontier so much. It's not all about hanging out with super smart, amazing people and the brains, but it's that connection and the family that you build and you really do serve, we serve one another.

And we learn so much when we get into those smaller groups, whether it's the professional training events or whether it's the local dinners, it's really truly connecting with masterminds that are out there.

As far as me, yes, I'm in Dallas, Fort Worth, Metroplex, Grapevine. You can find me on social media, on Instagram, on Facebook, Alpha Wellness Center, Texas.

or Dr. Janelle Whitehead. I would love to connect with any of you at any point in time. It's good. And I think Dr. Janelle needs to be, uh, speaking for nutritional frontiers.

Hopefully she's not a tie down, you know, so hopefully she can hang out with us and speak because the way you present the knowledge, I heard the word beautiful and heart so much that.

That just shows you how genuine she is and she's in this for all the right reasons. And I think what you're really summarizing was what I tell people.

Um, it's not a punishment. Like you can call me a health nut all you want, you're a sick nut, right? So it's like, you can pick whichever one you like, right?

Well, if you enjoyed today's episode, we encourage you to comment, like and share it with your friends, your colleagues. And if you are in the Texas area that Janelle is in, Grapevine, I know I'm coming because there's this killer wine festival I've heard about and I need to get that one on my calendar and plan a visit accordingly.

and come get that valve adjusted. That sounded like it was pretty impressive. So if you are interested in visiting with Dr. Janelle, we'll also have all of her socials and information on alpha wellness in the show notes.

So check those out. And we do offer telehealth as well. Oh, super. See, we're thinking a lot. I like it. I like it. Working. Well, thanks, Dr. Janelle.

We really appreciate you coming on. You are such a sweetheart. And thanks for all the peace and love you give the nutritional frontiers by supporting our company, our events and sharing your incredible wealth of knowledge and experience.

So thanks so much. And of course, thanks, Christine, for always being there on the holistic truth and doing an incredible job. So peace and love to you both.

Thanks for all support out there. It's an honor. God bless. Thanks for tuning into the Holistic Truth Podcast. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their well-being.

And if you can, leave us a review. It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.