Introduction and Beth's Background

– Welcome back everyone to The Medicine of Mindset Summit. It's Jana back with you with our next beautiful special guest, Beth O'Hara is gracing the virtual stage here at the summit today.

Let me tell you a bit about this amazing lady. She is a functional natural path and she specializes in complex chronic diseases and really focuses in on cases of mast cell activation syndrome, histamine intolerance and mold toxicity.

She's the founder and clinical director of mast cell 3 60 a functional um naturopathic practice. And here's what I'm really excited to get in you know in depth with Beth on today she created her practice as a place that she dreamed of when she was severely ill with her own you know about of mast cell activation syndrome.

She developed the M. C. 3 60 method for people to regain their lifestyle, their hopes and their dreams. And we had a quick little chat before we hit record and I know you are going to be touched by amazing Beth this today on The Medicine of Mindset Summit.

So Beth welcome to the stage. – Thank you so much Jana. It's really an honor to be here and I am beyond thrilled about this message then that you're putting out with the summit because for all of us it's absolutely critical with what we're going through in the world and as I was sharing before we started recording this is why I'm still here with all of the health issues I had and how ill I was.

It's it's why I was able to get through and and actually heal. And I've had a lot of people look at my case and go, oh my God, I can't believe you're still alive. It's some of the things I'm going to share today are the why how that happened and I think it will, I'll be inspire and encourage people.

Health Crisis and Recovery Journey

That's what I want to do when I share my story and encourage people and inspire them so that they can keep going and and really it is about getting back to hopes and dreams because if I can just support one more person to get their health recovered, it's not just that they get back to more foods and then go out to eat or they can travel is that then they can live their mission on the planet and they can touch people's lives and they may become a practitioner, they may be leading an environmental movement or you know, doing incredible emotional change work.

So that's what it's really about. – Okay, so then let's start there. Let's you know, give us a little insight into your health journey. What kept you going and you know where you are today?

– Let me actually start with the end, which is where I am today, is that I can hike 3 to 4 miles. I can travel, I can eat out with friends, I'm not eating pizza hut and Taco Bell, but I can eat healthy foods and and um I can have a cocktail on occasion now and I run this really busy practice, I work a little too much and I'm working and dialing that back, but I can do it and I want to share that positive end of the story because the story is the dark, so people know that I came out on the other side of it.

When I was seven, we moved to an old farmhouse and nobody knew about chronic mold, bacteria, toxic mold back then. Nobody even knew about Lyme disease.

And this was the very early eighties and I developed mold toxicity, lime Bart Nella and Bob Asia from a young age, I had Epstein Barr, I had all kinds of stuff on top of it. I was kicked in the head by a horse when I was nine and had a traumatic brain injury that set off a ton of terrible symptoms and mast cell activation syndrome developed by the time I believe I was when I was nine, when I started developing head to toe hives, I had insomnia, I had severe

anxiety and but I was on track. I was good at school and I was on track to go to medical school, I had a few scholarship offers and I broke really hard to get those there, They're hard to get, but I burned the candle at both ends in college.

I was working three jobs. I was taking graduate level courses as an undergrad I was teaching with in a position you were supposed to have a master's for and I didn't have a bachelors yet.

And by my senior in college I crashed so badly I could barely get out of bed. So I knew that if I made it through the course work of medical school, just physically stamina wise, I would not make the 80 hour week residencies and I had to turn the scholarships down. And it was just devastating and I, my health continued to deteriorate, exhausted everything traditional medicine had back then, we didn't have functional medicine, but we had holistic medicine, homeopathy.

I did counseling, I did therapy. I was told so many times I was crazy. Nobody knew again that had Lyme, they didn't know I had multi Texas City, my blood work looked normal. So I was told, well you must be, you know, malingering somehow.

And it was the furthest from the truth because I was doing everything in my power to get well and trying everything that was asked to do. By the time I was 28 I was hobbling with the cane. I could barely walk.

I was bedridden for mostly bedridden for about a year. Hardly was able to work at all and I could hardly read a book. I mean, I've gone from being the star student and was on track to be a neurologist to unable to even process what was written in front of me, I couldn't tell left from right and even by the time we got GPS on phones which was a huge help but still it would say turn right and I couldn't process which direction I would go. So I would get lost with the GPS and This went on for years and I eventually I stopped counting and I have seen over 75 practitioners, It was almost 20 years for me to get my health back and I'd spent almost $350,000 every penny and we weren't wealthy, but every penny went into my health. So I knew if I could recover my health I could have a career and if I could get my brain working the turnaround point was the darkest point of the story which is that I had.

It took me an hour to drive to the at this point we have functional medicine, most experienced functional medicine physician. This is still way before we had to tell health.

But um that was the most experienced person I could get to. And we've been working together for three years and I've gotten more and more and more sensitive to where even a Sprinkle Queer Satan, a Sprinkle curcumin would set off my inflammation would make my anxiety worse. My insomnia worse.

I was down to 10 foods I could tolerate and I lost my tolerance to medications to everything that I was taking orally and he said to me said Beth we've tried for three years everything I know to do this before, there was a diagnostic criteria for mass activation syndrome. But we knew I had mast cell issues and he said, I don't know what else to do. We're at the end of what I know to do.

If you find something, I'll help you and I'll support you. I don't know where else to go. And I saw the whole way home because I thought if he doesn't know this is practitioner 75, who else is gonna figure this out?

And I had a meltdown and there were lots of meltdowns on this journey. And I woke up the next morning and I could have chosen to to die because that was the road I was heading down.

But something flipped in me and I said, if he doesn't know, somebody knows something and it's out there somewhere. I don't know if I'm going to find it, but I know it's there and I know that there's a way in my bones. I know there's a way for mid heel.

So I had the premed background. I started every moment I could get my brain to work, even if it was reading one sentence and sometimes it takes me half an hour to process one sentence out of a paper. I would start to put pieces together and there were other pieces that had little people that had little clues was able to start to cobble it together and once I figured out these railroad triggers for the mast cell issues were mauled and I've known about

the tick borne infections but I couldn't tolerate the treatment.

But once I was able to start addressing my nervous system and then that allowed me to stabilize my mast cells. That allowed me to do mold detox and that allowed the line, the tick borne layers to clear.

I got I got my life back and I got to get back to these dreams and these hopes and this mission and that's what drives me. And it's that I wanted to share that with people.

It's a painful story to tell. I don't really enjoy telling it, but I want to share it with people so that they know no matter where they are.

What Mast Cell Activation Syndrome Is

No matter how many doors close, there's always at least one more door and if we can keep ourselves going for that one more door eventually there's a domino effect and you turn the corner and things get easier and the key is being persistent and hanging in there to that point.

– Thank you for sharing your story and I, you know you could hear it in your voice and even when you said and something flipped. I think sometimes we don't have to know the why behind it.

I mean that was that was the download something happened and then there was a new a new trajectory for you. And so I just want to take a step back and for those people that have quickly grab their phones and are googling mass cells.

Can you give your definition? – Sure. So here's and here's why people should care. This condition that I have called mast cell activation syndrome which is very well controlled now affects the pre covid population.

Studies showed that it was affecting up to 17% of the general population. Most people have no clue that's what they're dealing with and just to put that in context.

So it was between 9 to 17% depend on the studies you're looking at. That's between about 25 50 million people in the United States. And then to make it more personal. That's 1 to 9 to almost one in five people that are dealing with that. That was pre covid.

And we know Covid has been a big trigger for this and that's clear in the literature and the studies need to be repeated because it's probably higher Now our mast cells are some of our front line defending sensing cells of our immune system.

They're there to keep us safe. They're sensing toxins, pathogens and stressors, traumas. They're in every tissue in our body except the retina and they line the entire nervous system there every nerve sheath, every nerve ending.

They have sensors on the outside called receptors that are sensing hormone states. What's happening in the gut, What's touching the skin? What are you inhaling? What are you swallowing.

There also have sensors for neuro transmitters and the peptides and they're sensing every single thought. It's so important for the conversation that we're having today.

And so if they sense that we're under attack either pathogens, chemical toxins, mold toxins, heavy metals, pathogens can be viruses, bacteria, parasites, mold, candida stressors can be just chronic stress of trying to get up, get your kids off to school, get yourself to work, get through rush hour traffic. You're listening to this really stressful news on the way home, you got to pick up dinner, get everybody fed, you gotta get the homework done and there's all the extracurriculars, it's 10 30. You haven't taken a breath all day, you got to wind down and go to bed. You gotta get up in six hours and do it again.

That's stressful. Anywhere from that to the isolation people have a chronic illness to what we've lived through the

past three years has been a global trauma. All of that is being synced by the mast cells and then their job, the inflammation. People have to understand this context, inflammations protective and there's a healthy amount of inflammation, helps us heal or helps us defend ourselves but then it should calm back down.

What happens is we're in this constant onslaught in this world we live in of toxins. Whether we're talking about chemicals, mold is at an epidemic level.

People are starting to wake up to that now tick borne infections are an epidemic level. Now we've got these new viruses with all this stuff going on. We have this global traumas for three years, we have sensationalist news stories.

Our evening entertainment is a intense psychodrama or a violent movie and our limbic system in the brain doesn't know the difference between that's happening to me or it's happening on that screen and the more empathic you are, the more that's real to your limbic system.

So we're in this constant danger zone for people who are older than me that remember, danger will Robinson and that tv show um that and that is the state that we're in. That was an old tv show reference.

But this robot would go off and say danger. Danger Will Robinson, danger. So that's what the masses are saying. Danger. Danger, danger, danger. And when we mass activation syndrome is where they've become so dis regulated from this constant onslaught. Now they lose their fine tuning and they can't stop overproducing inflammation and we end up with the way it's actually defined as a multi systemic inflammatory condition.

That means it affects two or more areas of the body. Could be the gut and the brain, the skin, the blood vessels can show up in reproductive organs, reproductive issues like painful periods.

Can show up in diarrhea, constipation, abdominal cramping, bladder pain, urgency can has a role in osteoporosis has a role in insomnia, anxiety, depression, heart palpitations, anything that's inflammatory in the body, there's going to be a mast cell role, but it's not just seasonal allergies.

If that's all, you have, nothing else bothers, You know, gut issues, no sleep issues, you just get a runny nose in the fall, that's not this. But if you have any kind of inflammatory issues, whether it's an autoimmune condition, a gut condition, you want to look at this and because this is what ties the different systems together.

People are running to specialist, a specialist, you've got to look at what's underneath it. So then it's with or without allergy with or without sensitivities and with or without anaphylaxis. So that's what's affecting a huge percentage of the general population of the world now because of what we live in today.

– And do you maybe you don't know the staff, but I would say I'm making the assumption here that it it can often be misdiagnosed. – It's commonly, well, it's very underdiagnosed, I think might be a little tweak we can make there. But yes, it's people, it's on average 10 years to get a diagnosis.

The diagnostic criteria was only official in 2016. So this is considered very new diagnostic criteria still in flux. They're testing markers for it. They are very tenuous, they have to be kept, the samples have to be kept chilled and cold centrifuge.

Most labs don't have a cold centrifuge.

Thoughts, Nervous System, and Healing

So we estimate that the testing is only catching 10% of people dealing with this. There's some other challenges with that criteria. But you don't have to have a diagnosis to start to address it.

And I want people just know if it's if somebody's been told, hey you don't have this because your tests were normal, you may still. So there's they do have a symptom survey based on the research studies have correlated symptoms.

People gonna look at if they're wondering about this for themselves. And that's a great starting point.

– So where would someone find that resource? – To find that on our website mastcell360.com It's free, it's under the menu says M. C. A. S. And then symptoms survey.

It's very easy to find. – Okay, perfect. That's a great resource. Thank you for that. Let's shift just a tiny bit and I would love to know your perspective on how you feel and maybe maybe how you know, is a better way our thoughts impact our health based on your own story and then based on all the people that you have worked with in your, you know in your clinic, how do our thoughts impact our health?

– This is one of my favorite fields of study actually. So once I started recovering my health, the first thing I did with my education, I went back to graduate school and worked on a master's in marriage and family therapy and my master's research was in the field called psycho neuro endocrinology immunology is a really big mouthful that is about the relationships between our thoughts and our mind states and our stress states and our nervous system, immune system and hormone system and that really needs to be expanded now to also include things like the gut and the cardiovascular system is all connected.

But that's where it started. Was looking at those connections going back to, we talked about that mast cells line the nervous system. They're the interface between the nervous system and the rest of the body and the mast cells are major communication cells for our bodies.

People know the words cytokine. Now mast cells are major producers. Cytokines are just sell signal ear's there actually pro inflammatory and anti inflammatory cytokines. There's huge category of them to make this really practical.

So, my research was on how we can shift that through our breathing practices. And I want to share two stories for this one is when I started studying this, I realized how much I would get into these fear loops around my symptoms.

And there were Several times where I really thought I was in anaphylaxis, I had a lot of anaphylactic events and I really thought I might die. And I was in that position that many people can relate to when you have anaphylaxis of, do I call 911? Because if I call them, they may administer something to me that kills me or do I lie here until I stop breathing.

And it's a horrible decision to make. And I just want to encourage people if you need to call 911 or go that you're please go if you need an EpiPen, please get an EpiPen.

But I hadn't been diagnosed properly, so I didn't have an EpiPen and these tools became absolutely life saving for me. One of the ways I discovered this was realizing when I was in a negative loop, that I could look and watch my knuckles of my hands swell and that's one of my initial symptoms. Nobody gets that, but I get hand swelling when I'm flaring and even if I hadn't eaten anything yet today.

So I don't have a gut trigger was in a pristine environment. If I started worrying about my symptoms or anything else, money or my relationship with my husband or whatever, my hands would swell within just a few minutes of that starting.

And I had started, one of the things that saved my life was taking yoga. I started at 19. That's its own story and I didn't know it was getting into, I didn't know what yoga was back then. We didn't have yoga in the country where I grew up, but it taught me how to listen to my body and be respectful of my body, which I didn't do. I was very mean to myself and I learned breathing practices through that and then I learned about a practice called resonant breathing and these different types of things. So when I start to see my hands swell, I would start going right into the breathing practice to shift my nervous system from sympathetic fight or flight to parasympathetic response.

And within about three or 4 minutes I would start to see the inflammation draining out of my fingers. That's powerful and that's quick. So then that became a big tool in my toolkit and what I then used it for. And this is what worked for me.

I just want to caveat. It may not work for everybody and definitely do what you need to do to be safe. Years later, when my health was better, we had traveled out of town and we've gone into a hotel and they had just shampooed the carpets in the whole hotel.

I still had a bit of chemical sensitivity and I and to this day I have mold sensitivity anytime we shampoo carpets if there's mold in those carpets. Now everything's reproducing, they're releasing toxins, They're just having a party.

So I walked in, I smelled these chemicals, the air smelled heavy, kind of musty and like, I don't know about this, but we put our stuff down, I tried to stay positive and we went to dinner and then we came back.

I actually forgot about it. So I wasn't thinking about it and we went into a room and I realized I wasn't breathing well and it was escalating very rapidly until I went into a full blown anaphylaxis and my chest was closing.

I had to get out of the hotel. I got myself to the car and I was sitting in the car and my husband was at the front desk trying to negotiate a different hotel because it was the whole hotel, there was no other room to go to And I'm sitting there.

He didn't realize how severe it was. I'm deciding am I going to call 911? And I had a resonant breathing app on my phone and I couldn't get much of a breath, but I could just sink my breath two seconds out, two seconds in, two seconds out, two seconds in. And I could set the breathing rate in there and then it got to where I get a 2.5 and 2.5 and then three and three and I had that and I actually did have a bottle of eucalyptus essential oil which happened to tolerate.

And I was able to inhale that took a half an hour. But I was able to breathe myself out of full blown anaphylaxis. And the other thing I did was I kept telling myself, you're okay, you're okay, you're safe, you're okay because that sense of safety is a game changer, that that's what the mast cells need.

That's what they're looking for in the nervous system that we're talking about. They're monitoring for safety and a big piece of being able to do that with myself was learning to love myself and going from this place where I'd been younger years where I was just so harsh and I would just whip myself and beat myself up.

And um it took a lot of work and I still work out it, I'm not perfect, but I love myself a lot today and to be in that state of giving myself that love and that unconditional love that and and that's a form of love, right? Safety, unconditional love feels safe.

But that's be a way to talk about that in terms of a teaching story and that's why in the method I developed, the first thing we do is work on these kinds of nervous system stabilizing steps which include our self talk and interrupting the negative loops of thought and to shift it. So I know a lot of people listening this probably not been as sick as I have, um or dealt with what I've dealt with, although if you have, you're probably really resonating with some of this.

But I share the depth of it because if your health is just, you know, a fraction this so much easier. So it's even more effective and then you can really do this and go a long way with it.

– So for someone that is living with a chronic illness and you've mentioned the nervous system and you know, we have that sympathetic fight or flight and the parasympathetic rest and digest and I mean the sympathetic nervous system serves a purpose.

Yet I would love to know when we over tax that system and we are always fighting or always flighting through your story. You talked about the simple because it is simple. And in that moment of the anaphylaxis, I would think that it would be very easy to go the other way and play into that sympathetic.

So what's the advice that you give someone who is in that chronic state that thinks, I don't even know what would, what would my first, what's my first step? What's my first thought?

So that breath becomes a tool on my radar. What would you say? – We have to train and practice for those times

So the being in anaphylaxis or in a crisis or anything like that isn't the time to start the practice is the time to implement what you've already been building. It's just like if you're training for marathon, the time to start training is not the, you know, when the gun goes off at the starting line, it's it's months years ahead of time. So it's having a consistent daily practice of these things of how we talk to ourselves of some type of nervous system practice and really the two key areas to focus on are the limbic and the vagal nerve and I feel a lot of information on that and people can dive into it.

I know you're talking about that on the summit, those two areas are really key because they're both involved in monitoring fear and safety. So when I talk about the massive nervous system access it's there and in the nervous system, vagal nerve comes out the top of the neck and most complex, it's really a system in itself, Most complex nerve system, it's not a single nerve.

And then the limbic system in the center of the brain that monitors and controls for fear and emotion, those all have to be addressed and it helps to address them in very particular ways. Their limbic programs, they're vagal programs more than just yawning or humming or singing, those are good.

But you got to get more refined, the more you have going on, the more fine tuned you have to get into those. But those are great ways to start building this toolkit and building, you're building new neural networks than to be able to have part of it is to have a little gap when there's a crisis to go.

I've got a decision point, I have a second here, I have a decision point am I going to get on the freight train and spiral down with this or I'm going to stay on the platform, I'm gonna stay calm and if I can stay on the platform and stay calm, I have more decision points about what I do to take care of myself.

So key, it's really key. And and then if I can talk to myself in ways that are kind and loving, then that also can play out when we're in those crisis situations, just like you think about a lot of times people work with a I'll ask them who the most precious young person in their life is, like a two or three year old or something like that.

Spiritual Practice and Reciprocity with Nature

And then, or if they don't have anybody currently, when their Children were really young and then have them, I'll have them, imagine a young person, very young, precious, very precious person in their life about two or three years old, and it could be when their Children were really young or someone else in their life, that just so precious all they wanted to do was love that little child.

And then if that child came to them with the fear of the worry that for pronouns, I'll just say you, so if that child came to you with the fear or the worry that you're having about your health or about the state of the world or whatever it is, that's on your mind, and that child was just so worked up and terrified about it, what would you say to them and how would you comfort them?

And how would you speak to them? What kind of tone of voice would you use and how gentle would you be and that's how we need to speak with ourselves And in our limbic system actually processes emotionally at about that age level two or 3 years old.

And so one of the ways I would get myself through the day that I had to drive to that physician, I was so fatigued. An hour drive, took me a week to recover from, it was rough and I would say to myself, you can do it. All you gotta do is just get your shoes on, just get your shoes on. And a lot of times I guys and I didn't have energy to brush my hair, there was no makeup was like nothing, it was just my hair was a mess, but I could get my shoes on and I could get dressed and then all you gotta do is pick up your keys, that's great, okay now all we gotta do is open the door and then lock the door, walk to the car and then I'd have to rest in the car and that's how I started navigating my life and it helped and then it just started trickling out from there. So I just want to share that.

I think that's the way that we start to shift how we treat ourselves. – It's very powerful because I know that when you frame it that way we can you can connect to what that would feel like what that would sound like.

So thank you for that, and I want to ask help us understand how your spiritual practice played a role in your mindset through this journey, – It was key it was quite key.

so it evolved a lot when I was kicked in the head by horse, I left my body and I crossed over for a while where when I don't know, um but I crossed over someplace else and it was so peaceful and just, there was no duality, there was no warm or cold or light or dark, it just was, and it was just wonderful, and I didn't really want to come back, was quite angry, actually didn't know how to process there, but I was angry that I had to come back and be in this body that sparks something that there's something so much bigger and what I had access to living in the country was catholic church. My grandparents went to catholic church, so I was a devout catholic, and my thoughts changed, my beliefs changed, but there was always this thread of, there's something that connects us and I was a Quaker for a while, and this plays a role into where I am today. And so anybody who's not familiar with the Quakers, you listen for the message of God and you sit in silence until someone has moved to speak.

So actually very powerful with the right group, and I just was very lucky to get to experience that with a really present group of people. And today it's really grounded rooted into this connection of all of us. And when I say all of us, I don't just mean people but all the beings that are here and in the earth and connecting with the energy of the just healing energy of the earth.

And I don't mean like in a woo woo Kind of way. But my my daily spiritual practice is I go outside rain or shine except when it's under 20°, that's my limit right now.

I go outside and if it's raining, I'm in a raincoat, if it's cold, like today it's cold. So I had a lot of layers and park on. And I mean I'm really layered up like the kid in the Christmas story can't put his arms down, but um and they take out when it's cold, it's to canvas sheets so it's a natural material. Everything aware trying to make a natural material so that I can feel that Shuman residence at magnetic pulse of the earth.

But when I go it's not just about taking healing or receiving a healing energy, it's about an exchange. And this is very important because this is what there's a consciousness and intelligence to that energy and when people are looking for that you have to get away from the city or the where the ground's electrified in the E.

M. F. So we live backed up now to a nature preserve. So I have this beautiful little private nook and the grass is mowed so I can be out of the ticks and then I'll take insect shield sheeting and lay it down to and then people are thinking oh God ticks so that's what I do. And then I go back and I give an offering of a little something. I'm not really talked about this publicly before but I give an offering. It can be a little few grains of rice or for me what feels natural. And my great great grandmother was Cherokee.

And so comes from that lineage as a gift, a little bit of organic tobacco leaf. It can be anything sage. It doesn't matter but it's an offering so that this is reciprocal, it's not about taking and that's where we've gotten really out of balance is that as human beings we take so much but everything is reciprocal and when it's in balance it's reciprocal. And so even going out to that land walking out to it with that respect as if I'm walking into a friend's home so I come in with that kind of attention and I don't charge in, I go in and I make this little offering and I pause and I wait and I listen to be accepted to come in and then even though it's the same place I go every day and even though it's on the piece of property that, that we have here and then I lie on the ground and I listen with my body I watched, I usually feed the birds and they expected, so now they come flying in and wait, you know, for me to get food and little feeders for them.

And I lie and I just sense that pulse and then I send back out gratitude. So there's a circle with it and I think that's something that we've missed in terms of the cycle of healing, whether anyone that we're in relationship with, whether it's a human being or an animal or a practitioner, there's a reciprocity that that needs to happen and when that happens, it's very powerful when that reciprocity is there, what how that relationship blossoms and that's how I can explain it. And then I'll lie on the ground on the canvas and experience this healing residence of the earth, this, this healing energy and it can take some time to get to open yourself to that and you have to really relax down into in your nervous system.

So that wasn't like my first time experience, I've been doing this for quite a while now almost two years now and but

it's not just still taking, it's a relationship. So as I'm experiencing this healing energy and then I'm gifting gratitude back and thank you and we think about animals and humans before we lived in houses and rubber soled shoes and all the stuff we always had our feet on the earth. If we had on shoes, well it was leather soled or you know something that was made out of animal hide something like that bark or whatever it was made out of usually.

And we always had contact with that and there are studies that show when people lose that contact or animals, is that contact other animals that that there's an illness that can develop, there's change in our system. So that's part of what resets our nervous system is connected with human resonance. And so it's the cycle, it's this reciprocity and I really look at that in every relationship and every thing that I do that there's a reciprocity.

I don't ever want to just take, I always want to there to be a gifting and a balance and this isn't, you have to make this a practice if you want to experience this and not every piece of land is available. I can't do it on the land up by my house.

It doesn't work and sometimes you have to explore and some people have had to drive for an hour to get to the nature area to be able to do this. So they go like once a week.

Resources and Closing Remarks

But that's the way that people can incorporate some of this. That's my practice today. – Well Beth I just want to thank you so much. There definitely was the energy and frequency of reciprocity here. I mean I, you have given me so much in the time that we've spent together and I just want to, I want to thank you for that.

And so I know you've mentioned you know a couple times your website but now that we're kind of wrapping our conversation, those people that are in the audience who are being called to connect to your work, where's the best place for them to go and do that.

– Thank you so much. We have a lot of resources for people at mastcell360.com So it's amazon mary M, A, S, T and tom C E L L 360 rust on facebook and instagram.

We have this wonderful community there. Isolation is very hard when you're dealing with health issues and people talk about is how nice it is to not feel alone. So we'd love if anybody's called to this to to join us there. – Amazing.

I think community is one of the pieces that we don't realize when it comes to our health. I read a study one time that lonely, loneliness creates the same health implications as smoking a package of cigarettes a day. And the sense of community is something you know that saying it takes a village like we are meant to be with others.

And so again, thank you so much. Beth for being here and everyone thank you for being present. I know if you are a note taker, you are probably writing like crazy and I want to remind you that there are upgrades available to the V I P so that you can have these for your resource library and you know in the moment, sometimes there feels like there's a lot and what I find is there's usually this little whisper or feel a little tap on your shoulder a week from now or a month from now.

Like remember that interview and you know, this might just be an answered prayer for someone here or someone you know, so thanks everyone for being here today with Beth O'Hara at The Medicine of Mindset Summit and we will see you on the next episode.